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How to outsmart your genes for good

EAT LIKE AN ATHLETE!

Sportswomen reveal their food diaries

Sam Faiers
'MY BEACH BODY SECRETS'

Shape-up tips from stars in the know

No.1

REASON YOU CAN'T LOSE WEIGHT, P30

SUMMER BEAUTY SOS

WE'VE GOT CELLULITE SOLVED!

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Why more and more athletes are using yoga to improve their performance.

Photographer: Ian Derry
 Stylist: Charlotte Kewley
 Model: Colette @ Nevs
 Hair & Make-up:
 Athena @Frank
 Clothing: Neon reef
 break top, Roxy.
 Monochrome bikini briefs,
 and rash vest, both Seafolly.
 Wristband, model's own



This month's cover model

We asked Colette how she stays in shape with a busy work schedule

'I run! If I need to get public transport, I'll get off a few stops earlier and run. If I know where I'm going, I'll go the full distance. It's also a great time to think.'

SUBS!

Subscribe to *H&F* this month and receive three issues of the printed and digital magazines for just £3. See page 48 for more details.

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Fitness and extreme weight-loss expert Jessie Pavelka.



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Welcome



Want to shape up for summer? At H&F, we believe it's not just about looking good in a bikini, but feeling your best too. Whether you want to feel confident on the beach, book an adventure holiday or play summer sports, being your fittest will ensure you enjoy summer to the max. So this month, we've turned to our favourite sportswomen for shape-up inspiration. In 'My beach-body secrets' (page 50) Olympic windsurfer, Bryony Shaw (plus other celebs whose jobs mean they're always beach-ready) reveals how she gets in peak physique.

If you want the body of an athlete, you need to eat like one too. So dump that crash diet and fuel up like a pro, by reading 'Eat like an athlete' (page 64) where sportswomen, including 400m runner Christine Ohuruogu and road cyclist Katie Archibald, share how they eat to win. You may be surprised!

The other new training secret that's keeping athletes in top shape is... yoga. Turn to 'Find your flow' (page 70) to discover why sports stars, from Andy Murray to Jess Ennis, are stretching out – and to try moves that will boost your performance.

Enjoy your summer body!

Mary
Mary Comber, Editor

What the H&F team has been up to this month...



Chief sub
Emma tries the LTA's Tennis Tuesdays in association with Nike. See page 104 for more info



Art director
Lucy cycles to Paris in 24hrs (with time to spare). Here with event organiser Sophie Radcliffe @challengesophie #L2P24

Features writer
Becky tries to stay dry on a stand up paddle board in Paddington Basin with Active 360



Model Kim waits for a soaking in our makeshift pool (yes that's a gardening pump you can see). The lengths we go to for fashion!

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THE MAKE-UP OF MAKE-UP ARTISTS

About YOU

Extreme detoxing, safe skincare
and fitness breaks

DETOXING SAFELY

I love your magazine and have been a subscriber for many years. As a dietician, I particularly felt the need to mention 'Is your detox making you ill?' (June issue). Detoxing has become a very frustrating area with patients and the general population wishing to follow certain fads – it's great to hear accurate information being explained appropriately!

Samantha Mulholland, via email

A SUNNY OUTLOOK

'21st century protection' (June issue) was great and, as you pointed out, with the latest technology, protecting yourself is getting easier. I'm going to make sure that the sunscreen I use in the future has UVA and UVB protection – it's much easier to fake tan than erase wrinkles and sunspots. All the expensive anti-ageing creams in the world aren't going to help you if you don't keep safe in the sun.'

Kayla Maddocks, Hertfordshire



ACTIVE BREAKS

I was really grateful for your feature 'UK Active Breaks' (June issue). Both my partner and I want to enjoy a healthier lifestyle. From the thrills and spills of white water rafting, to a relaxing walk through stunning countryside, I didn't realise there were so many active break locations offering such a wide range of activities to suit everyone. With personal coaching too in selected activities, these breaks are ideal for improving skills. We've booked onto the kite-surfing course in Northumberland. Thank you for the heads up!

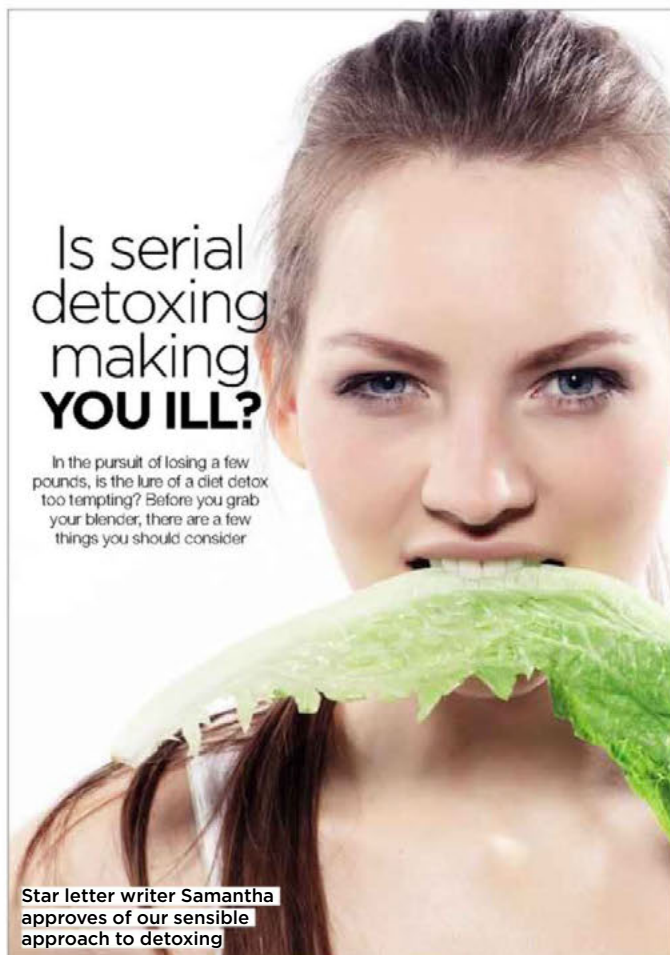
Stephanie Thomas, via email

BIKINI CONFIDENCE

Your article 'Your Guide to the Ultimate Summer Body' (June issue) will help me look tighter, toned and prepped for the

warmer weather. I was mistakenly starving myself and working out two hours a day in the hope of achieving a slimmer body. Your advice and tips are easily doable, healthy and realistic. I feel less stressed about getting bikini ready!

Annabel, via email



Is serial
detoxing
making
YOU ILL?

In the pursuit of losing a few pounds, is the lure of a diet detox too tempting? Before you grab your blender, there are a few things you should consider

Star letter writer Samantha approves of our sensible approach to detoxing

You
say...

What workout
do you most
dread and why?

'The killer exercises are the best ones'
@lil_lady_kc

'Any Jillian Michaels one. Yes, they deliver, but boy do I dread them'
@iamkimmi12

'Running – cardio is my worst fear #dread'
@TabithaHolland

'Burpees! I end up completely disorientated – I don't think my brain can keep up with my body.'
Catherine Hill

'I dread exercising outside in bad weather, but once you're out there, it's never as bad as you think it'll be!'
Becca McClelland

BROOKS
Ravenna 6,
£110

**MOVING
COMFORT**
Juno bra, £37

WRITE IN AND WIN!

This month Samantha wins a pair of Brooks Ravenna 6 trainers, worth £110, and a Moving Comfort Juno bra, £37. The Ravenna 6 has the ideal balance of cushioning and stability. Riding the line between neutral and support, the design ensures seamless heel-to-toe transition when you run. The racerback Juno Bra has it all – support, shape and a customisable fit. For more information, visit brooksrunning.co.uk or call Moving Comfort on 01903 817009. @MovingComfortUK.

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The New Abarth 595 Competizione range starts from £19,890 OTR. Model shown is an Abarth 595 Competizione 1.4 T-Jet 180 hp at £22,110 OTR with Cordolo Red Tri-Coat Metallic Paint at £660, 17" Formula – Matt Black Finish Alloy Wheels at £190, Black Stripes and Door Mirrors at £170 & Abarth Corsa Front Seats by Sabot in Leather/Alcantara at £1200.

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FIT BUZZ

Your guide to the hottest things to do, see and buy this month

1 BE SEEN AND HEARD

If you're under the weather, getting seen by a doctor isn't always easy, but there could be a solution. With the Babylon app you can book a video consultation with an NHS-approved GP or specialist on a smartphone or tablet. Available from 8am-8pm, six

days a week, consultations can occur within minutes and prescriptions can be sent to a local pharmacy. Available from the App Store and Google Play, the first month is free, then it costs £4.99 per month, or £29.99 per consultation for non-subscribers.



2 ATTEND AN ALTERNATIVE FESTIVAL

If Glastonbury isn't your thing, how about a different vibe? Set in the beautiful Stanford Hall Estate, Nottinghamshire, Yoga Connects 2015 (July 3-5; yogaconnects.co.uk) is dedicated to the joy of yoga, with sunrise wild running, wood-fired hot tubs and more. Prices start from £85 for a day pass. Or check out the first-ever female surfing festival, Surf Bettys (corinneevans.com), in Newquay on August 2.



3 STAY SCENTERED

If you feel like you need a bit of TLC or maybe a boost of concentration in the afternoon, Scentered, the range of 100 per cent natural, portable, therapy balms for wrist or neck may be just what you need. Our favourite scent is Escape (£14.50 for 5g; uk.spacenk.com). With a rich, woody base, warming frankincense and spicy top notes, its exotic scent reminds us of faraway climes and lifts our spirits – great for a 'time out' moment!

4 DO SOME SAINTLY SNACKING

Boost your protein intake with Nutrii's raspberry-flavoured Quark (£1.80; eatnutrii.co.uk).

The dairy product is free from artificial preservatives and sweeteners, virtually fat free and low in sugar, plus it contains 20g of protein per portion. Blend with frozen fruit for a delicious smoothie, or simply eat it like you would yoghurt. Yum!



5 MAKE LASTING MEMORIES

For some of those action-packed holiday moments, a smartphone just won't do. Enter the splash-resistant and shockproof Polaroid Cube (£89.99; amazon.co.uk) that can be mounted on a helmet or any metal surface. Record high-definition video or take still photos with its wide-angle lens. Happy snapping!



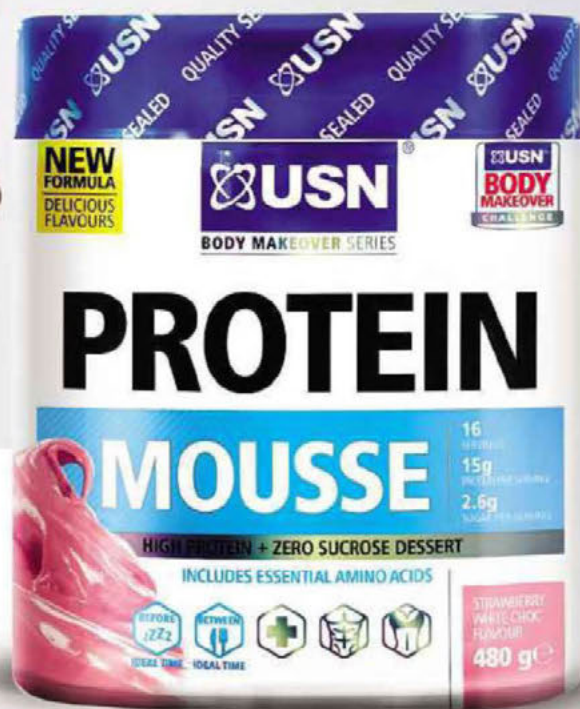
HAVE A GOOD HAIR DAY

Hair looking a little flat? Look out for Liz Earle's Botanical Shine Haircare, containing Kalahari melon oil. Discovered by Liz Earle's ethnobotanist, James Wong, the oil is rich in linoleic acid and omega-6, which will ensure your locks are nourished and glossy. Apply the Botanical Shine Nourishing Hair Oil (£17.25 for 50ml; uk.lizearle.com) to towel-dried hair to protect it before styling.





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SHAPE *Up*

FITNESS NEWS * WORKOUT FIXES * EXPERT ADVICE



Sweat work

Work up a good glow to prolong your life. That's the take-home message from a recent Australian study of middle-aged and older adults. Despite current exercise guidelines advocating 2.5 weekly hours of moderate-intensity exercise, researchers found that vigorous activity (think jogging, aerobics and competitive tennis) trumps moderate activity (such as social tennis or gentle swimming) when it comes to longevity, so much so that the death rate for those who do vigorous exercise more than 30 per cent of the time is 13 per cent lower than their less sweaty friends.

HIT THE BENCH!

Want a natural lift? Try the bench press. It's arguably one of the most popular gym exercises, and a sure-fire way to tone your chest. But according to data published in the *European Journal of Sport Science*, the angle of your bench counts. Researchers studied pectoral muscle activation during a barbell bench press at 0°, 30°, 45° and -15° bench angles. While a flat bench did indeed work the upper and lower portions of the chest muscle, an incline of 30° or 45° was found to be more effective. Intriguing.



{CELEBRITY QUOTE}

'I wouldn't say [I work out] a lot, just consistently. People think you have to work out for two and a half hours... but, it can be little. It can be 20 minutes; it could be 40 minutes.'

Kate Hudson



Fitness NOTEBOOK

News and kit to power your workouts

PUMP UP YOUR PLAYLIST!

According to Rock My Run, a music app made for runners and fitbies (rockmyrun.com), seamless music mixes can boost your performance. Here are the right BPMs (beats per minute) for your runs.

1 TEMPO RUN (170-180 BPM)

Data shows this beat matches a swift 6-7-minute-mile pace. Try Sigma feat. Labrinth's *Higher*, or Rock My Run's Alternative Route mix.

2 PULSE-RAISER (160-170BPM)

Stats show that 166 BPM matches eight-minute-mile pace. Doing intervals? Try Taylor Swift's *Shake it Off*, or Rock My Run's 45-minute Grunge Run mix of 90s music.

3 PLEASANT JAUNT (150-160BPM)

Music at 150-160 BPM will pace you at 11-16 minutes per mile for easy jogs or power walks. Plug into Rudimental feat. John Newman's *Not Giving In* or Rock My Run's Country Sunshine mix.



82%

OF WOMEN FEEL COMPELLED TO SHAPE UP FOR THE BIKINI SEASON*



We Love...

FLIP OUT!

We've all been there – wondering where to put our locker key or phone while we work out. Here's the answer – the FlipBelt (£25; theflipbelt.co.uk). The waistband stores all of your essentials and looks stylish, too.

WORDS: Sarah Ivory PHOTOGRAPHY: Thinkstock
*According to the Shape and FitSugar Bikini Body Survey



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Special
K
LIVE IN COLOUR

Is your **DNA** *making you fat?*

You exercise more and eat less than your friends, yet you gain weight while they stay slim. Why is that? *H&F* investigates

You're sweating through gym sessions, eating well and getting more hours of shut-eye than a baby, and yet you're still packing more pounds than your friend who eats pizza for lunch and only breaks a sweat on the dance floor. Fair? Perhaps not, but scientists say it isn't just a lack of exercise that causes people to gain weight. It's also due to your genetic make-up. 'In today's Western world, with fatty foods so readily available, your genetic code could contribute to weight gain,' says Anastasis Tzanis, a nutritional therapist specialising in nutrigenomics (anastasitzanis.com). 'But being ready to adapt to the appropriate diet and lifestyle regime means your genes will play less of a role.'


THE GENE LOTTERY

For years, the message to overweight people has been to simply eat less and exercise more, but an increasing amount of scientific data is showing that the solution isn't quite so clear-cut. For those doing all the right things and still battling blubber, heredity may be the missing piece of the puzzle. Researchers have known for some time that there's a strong family link with obesity. Studies of twins show that body mass index can be biologically determined, with fat mass being concordant in up to 70 per cent of twins. But it's only recently that technology has enabled scientists to uncover why this happens. 'The field of genetics is a fast-growing one and so is the list of genetic mutations that are linked with excess weight,' explains Tzanis. 'Genetic expression is playing a critical role in the speed of our metabolism.'

To put that statement in context, researchers have discovered that certain people carry genetic variations that

increase their risk of piling on pounds. According to data in the journal *Nature Genetics*, there are currently over 32 genetic variations associated with obesity. One of the most common genetic mutations among the obese population is the 'high risk' FTO (fat-mass and obesity-associated) gene. Everyone has two copies of the FTO gene – one from each parent – that

comes in high- and low-risk forms. Data shows that people with two copies of a high-risk FTO gene are generally heavier than those without the gene variant. 'FTO is an enzyme that controls a person's neurological response to food images,' reveals Tzanis. 'Through modulating the hunger hormone, ghrelin, FTO mutation has been shown to cause excess appetite and obesity.' Unfortunately, the high-risk FTO gene is common – around half of Africans and Caucasians and 20 per cent of Asians are thought to carry it.



'Half of Caucasians and Africans and a fifth of Asians are thought to carry the high-risk FTO gene.'

DNA'S INFLUENCE

How does the risky FTO gene lead to weight gain? According to brain-scan data, high-risk FTO carriers experience cravings for calorie-dense food that's high in fat, such as biscuits, cheese and fatty meats. There are also reports from a study published in *The Journal of Clinical Investigation* that the high-risk version of FTO alters levels of the hormone ghrelin, which makes people feel hungry.

But it's not just FTO that's to blame. A University of Cambridge study shows that mutations of a gene called KSR2, which plays a critical role in energy regulation, can cause hunger pangs and slow metabolism in obese people. 'KSR2 is an important regulator of energy expenditure and energy intake,' adds Tzanis. 'Mutations in the KSR2 gene have been associated with obesity, as well as impaired glucose and fatty acid oxidation.' Indeed, experts note that patients with mutations of KSR2 have both an increased need to eat and a reduced metabolic rate, signifying that their bodies may not be able to use up all of the energy they consume. Study researcher Professor Sadaf Farooqi is said to have

noted that 'KSR2 is different [from other genes that affect appetite] in that it also plays a role in regulating how energy is used in the body.'

Then there's MRAP2, the gene that tells your brain when it's time to speed up metabolic rate and decrease appetite. Research published in the 2013 journal *Science* shows that mice with a mutated form of MRAP2 grew bigger than mice without the gene, despite eating the same amount of food. 'These mice aren't burning the fat, they're somehow holding onto it,' said the study's lead investigator Joseph Majzoub, HMS professor of paediatrics and chief of endocrinology at Boston Children's Hospital. 'Mice with the genetic mutation gained more weight, and we found similar mutations in a cohort

of obese humans.' In the end, the mice with the risky MRAP2 gene had to eat 15 per cent less than their rodent counterparts to stay the same weight. And it's possible that this strategy may apply to obese humans with the genetic variant. Fortunately, the MRAP2 gene is fairly rare – one study found only four out of 500 obese people tested positive for the genetic mutation, suggesting it applies to less than one per cent of the obese population. Phew.

NATURE Vs NURTURE

Thinking of giving up the battle against fat as it's a genetic problem? You're not the only one. A report in the *New England Journal of Medicine* reveals that people who tested positive for fat-stimulating genes were more likely to eat fatty foods, perhaps because it seemed that being

overweight was inevitable. But don't throw in the towel just yet. 'These genes don't govern your metabolic destiny,' reassures Tzanis. 'What they do is predispose you to respond in a certain way to nutritional and exercise protocols. Being a normal weight is perfectly feasible even if you have these genes, as long as you adopt the correct diet and lifestyle.'

Your genes aren't to blame for every pound either. It's thought that around 60 per cent of variance in body weight is down to DNA; the rest is a mixture of diet, activity and lifestyle. And data even suggests that being active can help you to overcome the

'Around 60 per cent of variance in body weight is due to DNA; the rest is a mix of diet, activity and lifestyle'

negative effects of being a high-risk FTO carrier. One long-term study looked at teenagers with the high-risk FTO variant and found those who

were active for at least an hour a day most days had significantly lower body fat than those who were sedentary. Another meta-analysis involving 218,000 adults reports that the FTO gene was 27 per cent less pronounced in active people.

You can get tested for genetic mutations if you're worried. Leading genetic company DNAFit uses a swab of your saliva to find out whether you're genetically predisposed to things such as weight gain or benefit from aerobic training. Your genetic code is then matched to the best diet for your make-up. It's proven successful too, with a recent study of 191 obese people by the University of Trieste in Italy showing that those using a DNA-matched diet lost 33 per cent more weight than those on an unmatched one. The future of weight loss is here – let's embrace it. ■



'With genetic testing, you can find out whether you're suited to endurance or power exercise'

Gene-based training Try a new route to fitness and weight loss

◆ Matt Roberts DNAFit Body Performance Pro

(£249; mattroberts.co.uk)

Matt Roberts Personal Training follows the rule that diagnostics are key to results. By having a measurable point based on DNA testing, dietary analysis and functional movement screening, your training and diet plan will produce speedy results.

◆ HealthCity (£93; healthcity.nl)

The first fitness club chain to offer personalised training based on your genes, HealthCity tests for up to 45 gene variants that are linked to your

body's ability to cope with training and food. You'll discover whether you're suited to endurance or power exercise, and what kind of diet suits you best.

◆ Champneys DNA Diet Test

(From £189; champneys.com)

This health spa offers gene testing to help improve health and speed up weight loss. Following a 30-minute consultation and a simple mouth swab test, you'll get personalised results, workout and diet recommendations and the option to follow up any queries with a call to a Champney's nutrition expert.

PERSONAL BEST*

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FITNESS expert



H&F fitness editor **Sarah Ivory** explains how to summer-proof your workout

“

Summer downer – warm weather can cause core body temperature to rise, water stores to diminish and blood flow to move away from working muscles.

This isn't the best recipe for a great performance. In fact, researchers at the University of Exeter report that footballers covered seven per cent less distance in 43°C heat compared to 21°C, and further data in the journal *Experimental Physiology* found cyclists were five minutes slower over 40K in hot conditions. Don't get beat by the heat – stay on top of your game with these warm-weather tips.

DRINK WATER

Did you know that just two per cent dehydration can zap your performance? And one study shows that seven per cent dehydration caused walkers to come to a complete halt. Don't assume you're getting enough fluid through tea, coffee and soft drinks – drink water. Consuming around 1.6 litres (eight glasses) of water a day is the best way to stay hydrated. Track your fluid intake with an app such as Waterlogged or iDrated (both iTunes).

KEEP COOL

Hot weather makes your body work hard to stay cool. If your core temperature rises to between 37°C and 40°C, blood will be directed to the skin and away from working muscles. This is the start of heat stroke. Avoid it by making smart choices



For best results, don't work out in the hottest part of the day and make sure you keep well hydrated.

– dress in light fitness clothing, don't work out in the hottest part of the day and spend time exercising in the shade. If you must work out in the heat, keep the intensity of activity low and gradually build the amount of time you spend being active over several weeks.

YOUR WORKOUT PLAN

Follow these simple exercise rules when the mercury rises.

START EASY

When temperatures increase, it's important you go easy on your body. Start at a low intensity and gradually speed up to a moderate pace. Save

high-intensity workouts for cooler hours or the indoors.

TIME IT

Gradually build up the amount of time you spend exercising in hot weather to help your body acclimatise. Start with 15-20 minutes of activity and slowly work up to 30-60 minutes over several weeks.

CROSS TRAIN

Exposure to other warm activities that gradually increase the body's core temperature (think: hot yoga, saunas and even jacuzzis) can help you acclimatise to warm conditions. Great news if you're training for a hot-weather event. ”

COOL IT These pieces take the sweat out of summers



The refreshingly chilly **Mission EnduraCool Towel** (£9.99; milletsports.co.uk) instantly cools when soaked with water.



So long, sweaty feet! Gore-Tex Surround technology in the **Meindl X-SO 30 Walking Shoes** (£149; ellis-brigham.com) helps moisture escape.



The **adidas Climachill** range (from £26; adidas.com) boasts aluminium cooling spheres, sweat-wicking fibres and fabric that transfers heat away from your body.



BIKINI-TUMMY WORKOUT

This crunch-free workout is the key to great abs this summer



A

Perform a total of three circuits with 30 seconds' rest between each one.



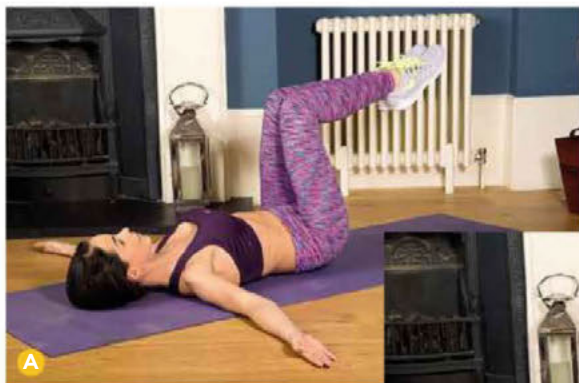
B

Lunge rotate

Reps: 10 (5 each leg)

Works: Thighs, hamstrings, bottom, core and obliques

- Stand with your abs tight, shoulders back and arms at your sides.
- Take a large step forward with your left leg, going into a lunge.
- Keeping your right knee just above the floor and your torso upright, extend your arms straight out in front of you (A) and rotate your upper body to the right, centre, left (B), and back to centre.
- Exhale and push off the floor with your left leg to return to the start position. Switch legs.



Trunk twist

Reps: 10

Works: Hip flexors, abs, core and obliques

- Lie on the floor with your arms out to the sides and raise your feet so your knees are bent and directly over your hips (A).
- Keeping your legs together, brace your core and lower both knees to the right as far as you can towards the floor (B).
- Pause, then reverse back to the start position and lower your knees to the left.
- Return to the start. That's one rep.

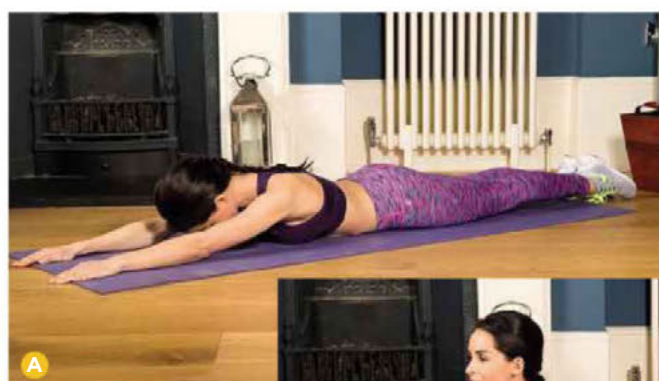


Spiderman plank

Reps: 10

Works: Abs, core, upper back, shoulders and bottom

- Place your forearms on the floor, with your elbows under your shoulders, and extend your legs behind you so you're in a plank position.
- Keeping your body in a straight line, drop your knees to the floor so you're in a half plank position (A).
- Lift your left knee and bring it towards the outside of your left elbow (B), then bring it back down to the floor.
- Switch legs and repeat on the other side. That's one rep.



Alternating Superman

Reps: 10

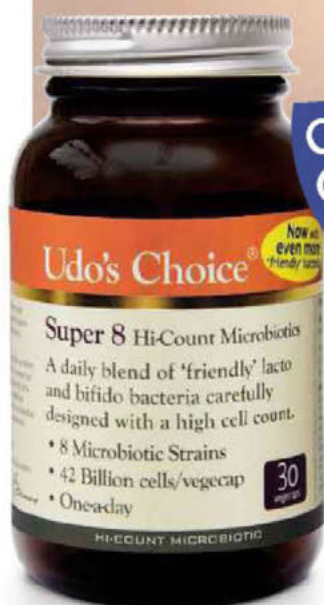
Works: Lower back, upper back, core and bottom

- Lie on your stomach with your arms and legs fully extended (A).
- Brace your core by pulling your belly button up to your spine, then raise your right arm and left leg off the floor (B).
- Hold for a second, then slowly return to the starting position.
- Repeat with your left arm and right leg. That's one rep.

FOCUS ON YOUR POSTURE - STANDING UP STRAIGHT CAN INSTANTLY NIP YOU IN AT THE WAIST.

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NUTRITION TIPS * DIET ADVICE * FOOD FACTS

Super shrooms!

Like them or loathe them, mushrooms make a simple, easy addition to many meals and pack a nutritional punch, especially if recent studies are anything to go by.

Researchers at the University of Florida have found that the humble shiitake mushroom is an impressive immunity booster, after participants ate 4oz of them daily. The researchers also found inflammation created by the immune system was reduced. Stir-fry anyone?



BALANCE YOUR BODY

Elle Macpherson always carries a pH balance tester kit with her to check her body is 'in an alkaline state'. Elle, 51, certainly looks fab, but the theory behind the alkaline diet – that too many animal foods and insufficient fruit and veg undermines health by 'acidifying' the body is controversial. Many scientists argue that the body already keeps its acid/alkaline balance tightly regulated. Nevertheless, it could be that diets overloaded with processed food and animal protein can override this system and the resulting acid load can lead to insulin resistance (a precursor to diabetes). Researchers at Sydney's Garvan Institute of Medical Research are looking into it. Cut down on red meat, fried food and hard cheese, and bump up your fruit and veg for an alkaline boost.



Food NOTEBOOK

The latest news, research and healthy eats

BETTER BAGEL

Avoid the unhealthy sugar rush you get from a standard bagel – these Dr Zak's High Protein Bagels (£3.50 for four from gyms, health food stores and at dr-zaks.com) are lower carb and higher protein but still taste great (we tried the Multi-grain and seeds variety). Eating half a high-fibre, toasted Dr Zak's bagel topped with one small mashed banana gives the perfect 3:1 balance of carbs to protein needed after a tough workout.



7 million tonnes
– the amount of
food and drink
we throw out from
our homes
every year in
the UK*

{CELEBRITY QUOTE}

'I'm not one to turn down macaroni cheese. I love Italian food. A fridge full of water and Gatorade? Honey, that's just not gonna happen.'

Queen Latifah



HOW TO MAKE... PERFECT VEGGIE KEBABS

If you're firing up the barbecue, try this easy 3-step recipe for delicious glazed kebabs

1 Chop red onion, yellow pepper and aubergine into similar-sized small chunks and thread onto soaked wooden (or use metal) skewers with sweet cherry tomatoes.

2 Next, make a glaze for the vegetables by blending 1 tbsp honey with 1 tsp wholegrain mustard and 2 tbsps olive oil in a small bowl.

3 Brush the kebabs with the glaze, then barbecue. Brush them with any remaining glaze before serving. Who needs sausages and burgers?



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Koko Dairy Free – a no sacrifice alternative to cow's milk.



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The all-new **SALAD** superstars

Widen your leafy green horizon with these up-and-coming superfoods, says nutritionist Louise Pyne

Looking to add a dose of nutritious freshness to your summer diet? Celebrate sunny days with the latest super greens in your salad bowl and you'll reap some pretty amazing health rewards.

Don't know your mizuna (Japanese mustard) from your red mustard? How about your Persian cress from your pea shoots? These exotic leaves are springing up everywhere, from farmers' markets to organic delis, and even high-street supermarkets, thanks to the nation's insatiable appetite for salads.

Last year, a whopping 786 million bags, bowls and heads of lettuce were sold – that's an increase of more than 23.5 million on the previous year.

'Today, we have a wider choice of UK-grown leafy salad available than ever before,' says Steve Rothwell, founder of salad leaves company, Steve's Leaves (stevesleaves.co.uk). 'People want to eat more healthily, and happily, and today, no summer dining table seems complete without a bowl of tender salad leaves.' Try Baby red chard and Baby watercress from Steve's Leaves and Baby kale from Florette (florettesalad.co.uk).

The right combination of ingredients can transform a mundane salad into something quite spectacular. At the core of every scrumptious salad is the base – a bed of tasty, nutrient-rich leaves that offer the wow factor. A well-balanced salad – with a mix of leaves, interesting textures and flavours such as crunchy seeds, cool cucumber, peppery radish or juicy tomatoes – is the perfect way to liven up a lunchbox or a summer supper, and the latest additions to the salad scene are just as exciting as they are nutritious. So power up your plate and banish tastebud boredom!

BABY KALE

The lowdown: There's a brand new way to get your kale fix this summer! The UK's number one superfood has a new sibling that's causing a stir in health circles. Great for sprucing up green smoothies to summer salads, baby kale is super-sweet and slightly more delicate than its frilly-leafed counterpart.

Nutritional need-to-know: Bursting with skin-loving vitamin A and bone-boosting vitamin K, baby kale is also rich in calcium and folic acid.

Top recipe: Paprika-spiced baby kale crisps. Spread a packet of baby kale onto an oven-proof tray and lightly coat in coconut oil. Sprinkle with paprika and bake at 135°C for 25 minutes or until crunchy.

PERSIAN CRESS

The lowdown: Stuck in a salad rut? Take your tastebuds to the Middle East with Persian cress. This pretty, tender leaf is a newcomer to the greens pack and is a distant cousin of watercress that originates from Iran.

Nutritional need-to-know: A 60g serving of this flavour-crammed superfood contains 34 per cent of the recommended daily intake for folic acid and 37 per cent of your vitamin A requirements.

Top recipe: Egg-mayo flatbread. Spread low-fat mayonnaise on a wholemeal flatbread. Slice one hard-boiled egg and arrange on the flatbread with a handful of Persian cress and two sliced cherry tomatoes. Fold the flatbread and cut into two.

BABY WATERCRESS

The lowdown: Baby watercress makes a brilliant salad base. Like regular watercress, it's bright and bitter with a creamy texture. The only difference is it's cut earlier so it's less stalky.

Nutritional need-to-know: Baby watercress is loaded with vitamin C and

betacarotene, two important nutrients for skin health.

Top recipe: Tuna salad.

Top a bunch of baby watercress with 120g tinned tuna, five black olives and four cherry tomatoes. Drizzle with olive oil and lemon juice and serve.

TATSOI

The lowdown: Every bit as exotic as it sounds, tatsoi is a key ingredient in Asian cuisine. Similar to pak choi, tatsoi has a subtle, mustardy flavour.

Nutritional need-to-know: Immune-boosting and skin-rejuvenating vitamins A and C are the main beneficial nutrients found in tatsoi.

Top recipe: Steamed balsamic tatsoi. Lightly steam a handful of tatsoi and dress with a balsamic dressing made with 1 tbsp balsamic vinegar and 1 tsp olive oil.

BABY RED CHARD

The lowdown: With its crimson-tinged leaves, baby red chard simply steals the salad show. As a member of the Swiss chard family, these little leaves are subtle, earthy and packed with goodness.

Nutritional need-to-know: The red pigment in baby red chard comes from betalains, potent anti-inflammatory and cancer-fighting antioxidants.

Top recipe: Lemon baby red chard. Pan-fry a bunch of baby red chard with a diced red onion, one crushed garlic clove, juice of half a lemon and black pepper.

PEA SHOOTS

The lowdown: These mild-tasting shoots of the garden pea plant are super-yummy and versatile. The delicate leaves can be eaten raw or cooked.

Nutritional need-to-know: This nourishing leaf is a nutrition winner. Chomping on a 50g serving offers more than half your recommended daily intake of vitamin C, and a quarter of the recommended intake for vitamin A.

Top recipe: Lentil & pea shoot salad.

Combine half a tin of Puy lentils with a handful of peas, parsley, coriander and pea shoots. Dress in lemon juice and olive oil.

MIZUNA

The lowdown: Add some kick to your salad with spicy mizuna. Otherwise known as Japanese mustard, this oriental green boasts feather-like leaves and packs a wonderful peppery punch.

Nutritional need-to-know: Noshing on mizuna could help to fight fatigue as it's a good source of iron.

Top recipe: Prawn stir-fry. Cook a bag of stir-fry vegetables in 1 tbsp soy sauce. Add 100g cooked prawns, the juice of half a lime and a handful of mizuna. Serve with courgette ribbons.

RED MUSTARD

The lowdown: Fire up your lunchbox with red mustard leaves. Offering plenty of pungent, peppery flavour, red mustard leaves are a staple of Asian cooking.

Nutritional need-to-know: These pungent leaves are thought to give your liver a kickstart by boosting your body's natural detoxification capacity.

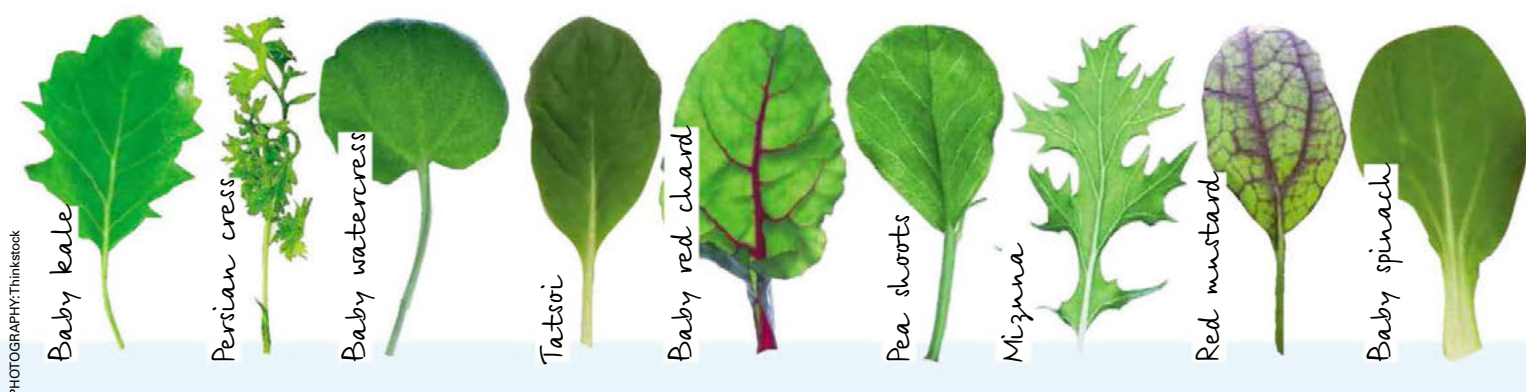
Top recipe: Sautéed red mustard leaves. Sauté the leaves in a drizzle of olive oil and a clove of crushed garlic and serve as a side dish.

BABY SPINACH

The lowdown: With smaller, sweeter leaves than fully matured spinach leaves, baby spinach adds a little bit of magic to an otherwise standard salad bowl.

Nutritional need-to-know: Baby spinach is thought to be a more concentrated source of nutrients, such as vitamin C and antioxidant flavonoids, than spinach.

Top recipe: Baby spinach pesto pasta. Cook 50g wholemeal pasta. Stir in 1 tbsp fresh pesto sauce, a handful of baby spinach, 30g cubed mozzarella and four cherry tomatoes, halved. ■



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SCIENCE OF HEALTHY LIVING

Power breakfast

Salad first thing? Try this energy-packed one from *The Detox Kitchen Bible* and you'll soon be converted!

H&F TIPS

BREAKFAST BENEFITS

'The creamy avocado mixed with nuts, seeds and lentil sprouts tastes fresh and will keep you full until lunch,' says chef Lily Simpson. 'It's rich in vitamins B6 and E, potassium, magnesium, phytoestrogens and fibre with 460 calories per serving.'



LENTIL SPOUTS

Sprouted lentils are a low-calorie, fat-free source of protein. They also contain vitamins A, B, C and E. Try them in sandwiches, soups, stews and salads.



AVOCADO

Packed with heart-healthy fats, potassium and fibre, avocado also contains high levels of beta-sitosterol, thought to balance cholesterol.

AVOCADO SMASH WITH TOASTED NUTS & SEEDS

Serves: 2

20g cashew nuts
20g hazelnuts
1 tsp sunflower seeds
1 tsp white sesame seeds
1 tsp black sesame seeds
2 ripe avocados
Juice of 1 lemon
4 fresh chives, finely chopped
50g lentil sprouts
Salt and pepper

To serve

Chopped fresh coriander
Lime wedges

1 Preheat your oven to 200°C/gas mark 6. Spread all the nuts and seeds in a small baking tin and toast in the heated oven for eight minutes until golden. Tip them into a mortar and lightly crush with the pestle. Set aside.

2 Cut the avocados in half and remove the stones, then scoop out the flesh and put it in a large bowl. Add the lemon juice, chives and some salt and pepper and crush with a fork to create a creamy but chunky texture. Mix in the lentil sprouts.

3 Add the crushed nuts and seeds to the avocado mix. Serve sprinkled with coriander and with wedges of lime to squeeze over.

NUTRITION expert



Amanda Hamilton shows how cooking from scratch can help you stay slim

“I was interested to read some research recently showing that people who spend more time in the kitchen are less likely to be overweight and more likely to eat their five-a-day of fruit and vegetables.

This could seem counterintuitive – you might expect great foodies to be the most likely to overindulge – but I’m not surprised by these findings. If you’re not cooking your own food from scratch, you’re probably relying too much on processed meals, which are often less satiating due to insufficient fibre and an over-supply of refined carbohydrates.

Just like the rest of us though, I’m too busy to be a domestic goddess every night of the week, so I’m all for shortcut ways to creating healthy home-cooked meals.

CUPBOARD STAPLES

One way is to stock up on time-saving store-cupboard basics, such as tinned beans, tomatoes and pasta sauces. These help you rustle up a chilli or pasta dish in a flash and are healthy options provided you choose those with a lower salt content and no added sugar.

Other ingredients I always have to hand for basic, quick meals are eggs, frozen peas, tins of fish, as well as baking potatoes, sundried tomatoes, olives and peppers in a jar.

CHEAT CLEVER

It only takes a few minutes to wash, peel and chop most vegetables, but if you don’t even have this amount of time, pre-prepared veg, including bagged salad,



is an acceptable alternative, which I’ll use myself if really pushed.

Other acceptable cheats that shave time but not nutrition include microwave pouches of wholegrains, which are now available in really interesting varieties and combinations, such as quinoa, spelt and pearl barley.

FREEZE AHEAD

One way to make sure you’ve always got a healthy meal to hand is to cook in bulk and freeze the extra batches for later. The weekend, when you have a bit more time to get creative in the kitchen, is a good time for this, and it’s surprising how many meals you can put away for later. My top tip is to make sure you freeze in healthy portion sizes and in microwavable containers for fast reheating.

HELPFUL EQUIPMENT

I’m not really one for gimmicky gadgets, but to make your time in the kitchen more efficient, it’s definitely worth investing in a good set of kitchen knives so you can make speedy work of chopping vegetables

and chicken for stir-fries and casseroles. I personally like the mid-priced Stellar range (James Martin is a fan), but if your budget is really tight, Ikea’s knives are worth a go too. Other must-haves for quick meals are a hand blender (for instant smoothies and purées with minimal washing up) and a potato ricer for quick and perfect mash every time – including for sweet potato, squash and carrot.

EMERGENCY MEALS

Do you occasionally need to grab a supermarket ready meal? A rule of thumb I use is to look on the label for levels of fibre that are more than 3g per 100g, and levels of salt that are less than 0.5g salt per 100g. As long as you also keep an eye on the calorie count and team it with two easy portions of vegetables, such as frozen peas and spinach, this will make an adequate meal in an emergency. ”

Amanda Hamilton is a nutritionist, health expert and author of three wellbeing books, who regularly features on BBC television and radio, *Good Morning Britain* and *UKTV*. She’s the founder and director of a retreat company. See amandahamilton.co.uk

PHOTOGRAPHY: Thinkstock

Q&A

What are the benefits of home cooking?

You’ll save money...

£735 a year just by making your own

lunch rather than buying a sandwich at work, according to energy regulator Ofgem.

Better nutrition... People who cook their own dinner most nights tended to swallow significantly less sugar, salt and calories (146 fewer a day on average) than people who rarely cook, according to a study at John Hopkins University, Baltimore, US.

Eat lighter... Interestingly, the same research

found regular home cooks also consumed fewer calories on the occasions they did eat out. It’s thought home cooks make better menu choices, as they’re accustomed to the healthier stuff they make at home.





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'What I ate today'

Caroline Lucey

The founder of online fitness retailer ActiveinStyle (activeinstyle.co.uk), 35, reveals what she eats



BREAKFAST

'During the week, I'll normally have scrambled eggs with spinach, avocado, tomatoes and some cottage cheese; and a juice – I have a Nutribullet (buynutribullet.co.uk), so I choose two fruits and two vegetables and blend with water. At the weekends, I'll either go out for breakfast or make pancakes.'

SUPPLEMENTS AND JUICING

'I don't take supplements, but I add superfood powders, such as maca, açai and spirulina, to juices or smoothies. For smoothies, I use almond milk, banana or avocado and gluten-free oats.'



LUNCH

'Lunch tends to be a huge plate of salad with either fish or chicken and some nuts or seeds – I just chop up anything I can find in the fridge. But if I'm out or at work, I'll buy a salad.'

SNACKING

'I have almonds or cashews in my desk drawer; or I'll have a scoop or two of nut butter. We've had some Ombar Chocolate Bars (from £1.99 for 35g; ombar.co.uk) and Propercorn (£1.59 for 90g; waitrose.com) samples in the office recently too – great for a mid-afternoon snack.'



DINNER

'I try to stay away from bread or pasta, so I'll usually cook meat or fish and vegetables. I also love feta or halloumi cheese, and will often have that on vegetables if I want something quick and easy.'

I'll then have a little Montezuma's 54% Dark Chocolate Giant Buttons (£2.99 for 180g; montezumas.co.uk) or Green & Black's 85% Organic Dark Chocolate (£2.19 for 100g; greenandblackdirect.com).'

DRINKS

'I try to drink about two litres of water a day but sometimes struggle. I also drink herbal tea.'



MUST-HAVE FOODS

'Bananas, peanut butter, blueberries, spinach and broccoli. I have the new Hemsley & Hemsley spiralizer (£29.95; selfridges.com) and love making courgetti to eat instead of spaghetti with bolognese or pesto – it's so quick and easy. I don't like eating much red meat and have nut or rice milk instead of cow's milk.'

TREATS

'I love coffee and have one most mornings. I like going for coffee and cake with my daughter at the weekends. I normally have a glass of red wine or two with dinner at weekends as well.'



Nutritionist
Fiona Hunter

NUTRITIONIST'S VERDICT

'Caroline's diet is based on healthy fresh foods so she shouldn't need to add the supplemental powders to her juice. If she doesn't eat red meat, she should make sure she's getting enough iron in her diet, so adding some kale to her juices and eating more beans and pulses would be a good idea. If she prefers nut or rice milk to cows milk, she should choose a brand that's fortified with both calcium and vitamin D. Kale would be better than spinach with her eggs at breakfast as it contains iron in the form that's easier for the body to digest.'

SCORE

8
10

WORDS: Becky Fletcher

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WE HEART WEEKENDS

If you feel guilty about relaxing your diet at the weekend, then stop. Evidence suggests that indulgence on Saturday and Sunday is okay – as long as we recognise this and compensate properly on weekdays. American-Finnish research found that most people's weight fluctuated (highest on Sunday/Monday and lowest on Friday), but that people who were successful at losing the pounds had a stronger compensation pattern. After the weekend, successful dieters saw an immediate decrease in weight that continued to the end of the week, whereas those whose weight trend was upwards had more variability between days, and no clear decrease during the week versus the weekend.

Diet NOTEBOOK

The latest advice on staying slim

{ CELEBRITY QUOTE }

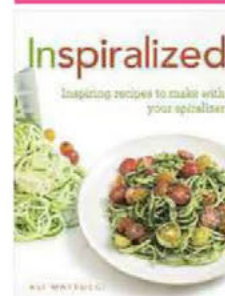
'To all girls with butts, boobs, hips and a waist, put on a bikini – put it on and stay strong.'

Jennifer Love Hewitt



20%
THE AMOUNT
BY WHICH
MOST OF US
UNDERESTIMATE
HOW MUCH WE TUCK
INTO. OOPS... *

IN A SPIN?



Bought into the hot new spiralizer trend? (For those not up to speed, a spiralizer is the gizmo that makes

'spaghetti' out of vegetables). If so, then *Inspiralized: Inspiring recipes to make with your spiralizer* (Ebury Press, £12.99) is a must. Written by Ali Maffucci, who lost 11kg through replacing pasta with spiralized veg and founded the blog, *Inspiralized*, it's filled with innovative recipes, not all veggie or raw.

DIET REVIEW...

THE IN-SYNC DIET BY
GLYNIS BARBER AND
FLEUR BORRELLI
Indie, £14.99

In this diet book collaboration, '80s *Dempsey and Makepeace* actress Glynis Barber (now a fab-looking 59) teams up with nutrition therapist Fleur Borrelli to bring us 'an evolutionary approach to weight management' that's supposed to put us





back in tune with our bodies and optimise fat burning and health. Though it might seem like another version of the paleo diet, a heavy consumption of red meat isn't encouraged. Instead, you're told to eat eggs, fish and nuts and some grass-fed, organic meat. The authors dismiss wholegrains saying they contain chemicals and moulds that cause inflammation, so it may be hard to get enough fibre. Another

unsupported assertion is that sipping water throughout the day may deplete you of fluid rather than hydrate you (eh?). The no-snack approach is a good way for many of us to manage our weight, though.



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HEALTHY *You*

LATEST NEWS * MIND AND BODY * EXPERT ADVICE

Be grateful, be healthy

For a healthy heart, you're advised to do everything from taking extra steps to adding omega oils into your diet. But apparently practising more gratitude can also help. Research published by the American Psychological Association showed patients with asymptomatic heart failure displayed better mood, better sleep, less fatigue and lower levels of inflammatory biomarkers when they actively pursued a more grateful and positive disposition...





Health NOTEBOOK

Your mind and body in the news

CHOC APPEAL

According to The British Heart Foundation's research, one in four people find chocolate harder to give up than alcohol, caffeine or even sex...



HEAD'S UP

If you're prone to headaches, Anatomicals' Oil! You Throbhead Headache Relief Balm (£4 for 20g; asos.com) may help ease the tension. Keep it in your handbag and rub the balm, which contains soothing oils, onto your temples when necessary.



Worldwide wellbeing

Chatting to someone online rather than face-to-face might not appear the most sociable act, but it could be doing wonders for your wellbeing. A new study published in the journal *Computers in Human Behavior* discovered that online forums provide a feel-good factor that lasts even after you've logged off. On top of support for stigmatised conditions, such as mental health, the study's authors found that it also encouraged users to get involved with offline activities such as volunteering and campaigning, so join some forums now!



{ CELEBRITY QUOTE }

'People think health only has to do with your physical being, but for me, it's so much more. After my divorce, I was so thin and everyone kept saying how great I looked. It was probably the unhealthiest place I've ever been.'

Eva Longoria

SKIN SOLUTIONS

Self-conscious about scars or stretch marks? Here are some of the latest products to prevent stretch marks and lessen the appearance of existing scars...

REMESCAR STRETCH MARKS SCAR CREAM, £24.99 for 100ml; boots.com

This silicone-based cream prevents and treats stretch marks by releasing a long-lasting protective film.



SILGEL, £35.99 for 20ml; silgel.com

Developed by surgeons, this clear, non-sticky, pure silicone gel that helps reduce the visibility of scars and soften scar tissue is now available to the public.



MAMA MIO THE TUMMY RUB BUTTER, £23.50 for 120g; mioskincare.co.uk

The ingredients in this butter are formulated to build the skin's strength and elasticity and relieve itchiness, plus boost circulation and collagen production.



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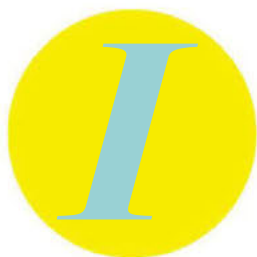


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HAPPY FEET

Whether you're pounding the pavement or hot-footing it in a HIIT session, don't neglect your feet in your bid to get fit and healthy



If you're a runner clocking up the miles or have been putting time in at the gym, your feet might be looking and feeling a little the worse for wear. And it's not just those who go long distances who're at risk of pains and problems. The American Podiatric Medical Association estimates that over the course of a three-mile run, a 68kg (10.5 stone) jogger will expose his or her feet to a total impact of 150 tonnes! If it's not a bruised toe, it's blisters, sore heels or missing toenails – nice!

But it doesn't have to be this way. Here's how to ensure your feet get the TLC they deserve before and after those tough training sessions...

SPORTY FEET WOES

THE PROBLEM:

Your toenail is falling off

'From missing toenails to bruised ones, traumatised nails are the most common injury I see in my clinic,' explains Dr Tariq Khan, consultant podiatrist at Marigold Clinic, UCL Hospital, London, who's working with Carnation Footcare (carnationfootcare.co.uk). 'Ingrown toenails are common as well, because of the friction and squeeze caused by the running shoe.'

TREAT IT: It's easy to panic when you look down at your feet and think you might never have a fully functioning toenail again, but all is not lost. 'Ill-fitting training shoes can cause toes to slam into the front of them, so it's about making sure you have suitable shoes,' explains Dr Khan. 'I recommend going into an independent running shop and having gait analysis.' There should be plenty of space in the trainer and the foot should be held in the shoe well, so the toe doesn't hit the front. If your toenail's already damaged and is hanging off, Dr Khan recommends cutting the nail down so it doesn't catch and rip, or seeing a podiatrist so they can trim the nail away. 'If you're a particularly active runner, bandages and support will work to a certain extent, but the only true way to let nails grow is to stop running and putting pressure on the nail,' explains Dr Khan.

THE PROBLEM:

There's blood under your nail plate

Welcome to runner's toe. This delightful injury is caused by repetitive trauma from the top of the shoe putting pressure on the nail, causing the nail to separate from the nail bed.

TREAT IT: Again, it's all about the shoe. 'Many runners go for a slim-topped shoe because they want a light frame, but the toe box on these can be narrow, hence more trauma to the nail,' says Dr Khan. 'You almost want a higher toe box.' Switching from a normal running shoe to a

minimalist trainer might also be risking your foot health due to lack of support, according to the *British Journal of Sports Medicine*. Mechanics are important, too. A good running shoe should have shock absorption protecting the arch and taking pressure away from the toe. 'Silicone socks can also help,' says Dr Khan. 'They'll release a very low dose of mineral-grade oil to keep the foot emolliated and help reduce friction.' Try wearing New Moisirising Gel Socks (£7.14; amazon.co.uk) at home.

THE PROBLEM:

You suffer from heel pain

The plantar fascia is a band of tissue that starts at your heel bone and ends at the ball of your feet. A lot of running or one big bang to the area may create too much pressure on this tissue, causing inflammation and resulting in a burning or sharp pain – plantar fasciitis.

TREAT IT: The key is to rest and, after six weeks, your heel should feel back to normal. To prevent plantar fasciitis, Dr Khan recommends massage. 'Use baby oil to massage your feet before or after a run to encourage the flow of blood and prevent lactic acid build-up.' Once again, good footwear is vital and housing your foot in the right way to reduce the pressure will help you avoid pain. ■

YOUR FIT-FEET RULES

1 Have a foot MOT

Give your feet some TLC and go to a podiatrist or a physiotherapist to get your feet assessed. If there's an underlying problem, even if the symptoms haven't started yet, you can nip it in the bud.

2 Be aware of existing injuries

Address any existing niggles with a podiatrist or osteopath before you start running to prevent injury. 'If you already have muscles or joints that are out of kilter, a physiotherapist can give you exercises to manage the condition and allow you to run,' says Dr Khan.

3 Dress for your activity

'It might sound obvious, but running is different to tennis, for example, and if you're going to be heading to the gym and not doing cardio, choose a cross-training shoe,' says Dr Khan.

4 Start slowly

'If you haven't done exercise for a while, pace yourself. Don't go all out and run five miles – you'll put too much pressure on underworked muscles and bones,' says Dr Khan. 'Start seeing a personal trainer for a tailored training programme to suit your needs – most places offer a first session for free,' he says.

TOP EXPERT SOLUTIONS



Cuxson Gerrard's Pro-Nation insoles (£14.99 for a pair; from independent pharmacies). Put these in your shoes to correct imbalances, cushion feet and reduce overloading.



Carnation Footcare Hydro Blister (£1.99 for four; from independent pharmacies). These dressings encourage the healing of blisters and reduce friction to the skin.



Scholl Orthaheel Gel Heel Pain Reliever Insoles (£29.99 for a pair; boots.com). Use the cushioned pads in shoes to help relieve painful heels.

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GET FOCUSED, *get happy*

Are too many distractions stressing you out? Here's how to concentrate

It's all too easy to find yourself doing more but getting less done. Just as you're about to start on an important project at work, the phone

rings. While you're answering it, your other phone rings. Meanwhile, the emails are piling up. Being bombarded with distractions is bad for us – it takes us away from the present moment, meaning we're not fully living our lives. It's mentally draining. It can make us forget to do important things. Use our tips to keep your focus on life, make the most of your time, and avoid losing touch with the things that are most precious to you.

GET CRAFTY

Philosopher Matthew Crawford, author of *The World Beyond Your Head* (Penguin, £16.99), believes working with your hands is the best way to get out of your head and focus. That could mean knitting, baking, painting or mechanics, for example. Working with your hands means you have to keep your attention on what you're doing and the more absorbed you are in it, the more the problems of the world just drop away. Doing something tactile keeps you rooted in the real world. Being creative with your hands can be a great de-stressor (stress itself is one of the biggest distractions).

TAKE A TECH BREAK

At work and at home, allow yourself time away from computers and phones. Switch them off altogether for a specific time period. Being available to respond to people's queries and requests all the time means you're constantly half-expecting the phone to ring or an email to arrive and so you can neither relax nor get the time to fully engage



with the task at hand. Julie Morgenstern, time management expert, advises avoiding computers, phones and TV screens for the first and last hour of your waking day. Engaging with real life makes for a healthier start to the day, encouraging you to be more focused. Sleep studies have shown that using a computer just before going to bed (or while in bed) can stimulate rather than relax you, compromising your sleep quality.

HAVE A FITNESS GOAL

Playing a competitive sport such as netball, or training for a 10k, can be particularly beneficial because these activities keep you tightly focused on an end result. Taking up an activity such as cycling is good for your concentration, too, as you must stay aware of what the other road users are doing around you – it's a good illustration of how unnecessary and indeed potentially harmful distractions can be.

BE MINDFUL

Learning to be fully present in the moment has many benefits, which is why people in all walks of life – from corporate CEOs to busy stay-at-home mums – are turning to it. Mindfulness gives you better concentration,

allowing you to harness your energies more productively. It gives you self-awareness so you can pick up on when you're being unduly distracted and bring yourself back to a more focused state. It can show you how to experience life more directly and less critically. The techniques aren't difficult to learn, so why not enrol on a local mindfulness meditation course?

SET YOUR PRIORITIES

Make lists. If you have to achieve a number of things tomorrow or next week, plan ahead. By giving thought to deadlines, the importance of the tasks, and how long they will take, you can draw up a realistic schedule so you're achieving them one at a time rather than attempting to do everything at once.

PROTECT YOUR TIME

If you've set aside an hour at home to do a creative writing exercise or plan a blog or finish reading that book that's got you gripped, don't be afraid to put a 'do not disturb' sign on the door. Similarly, if your 'me time' involves an hour at the gym or a walk round the local park, try not to let other people's needs eat into that time.



GET A HALF-FULL GLASS

Feeling pessimistic? We love the Bright Side app (iTunes; 79p), which suggests quick, inspirational ways to help you

feel empowered whenever you need a lift. Here's an example: 'Be what you want to have. If you want an adventurous life, do something adventurous today.' You could also check out

optimistworld.com, which gathers good news from around the world, gives the lowdown on the charities doing great work and generally provides a happier way of looking at life. How refreshing.

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For your nearest specialist health store visit viridian-nutrition.com

Food supplements should not be used as a substitute for a varied and balanced diet.

GLOW GETTER

Want a bronzed look without risk of overdoing it in the sun? Try a healthier self-tan product. TanOrganic Self Tanning Oil (£24.99 for 100ml; tanorganic.com) uses natural caramel colour and tanning agent DHA (dihydroxyacetone) derived from beetroot, as well as aloe vera juice, and argan and borage seed oil. Similarly, Sun Believable Sun Kiss Me Gradual Tan (£9 for 100ml; sun-believable.com) contains naturally derived DHA and aloe vera, plus lemon oil, with no alcohol, sulphates or artificial fragrance. Madame La La's new West Coast (£28 for 100ml; madamelala.com) with organic coco water and green tea is for faces.



Beauty NOTEBOOK

Look your best with the latest products

{CELEBRITY FAVOURITE}

'I burn a Neom Tranquility candle in my bedroom – it has the most divine scent!'

Victoria Pendleton,
Olympic cycling gold
medallist

Neom Tranquility Scented
Candle, £45 for 420g;
neomorganics.com



WE LOVE: Wahanda app – happy first birthday!
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3

of the best...
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**RACINNE DELICARE
SOOTHING SERUM,**
£29.99 for 30ml;
racinne.co.uk

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skins with glycerin to hydrate.
Free from fragrance and alcohol.



**THE SKIN LOUNGE
HYDROGEL MASK,** £7.50 for
one; thisisbeautymart.com

It's soaked in hydrating
hyaluronic acid and floral
extracts. Place the sheet on
your face for up to 20 minutes
to rebalance dry skin.



**ERBORIAN DONGBAEK
CAMELLIA ESSENCE,**
£65 for 30ml; selfridges.com

Lusciously sweet smelling,
thanks to 73 per cent camellia
oil as well as flaxseed,
grapeseed, coconut, and
argan oils to revive dry skin.





1. RMS Beauty
Buriti Bronzer



3. Ilia 99 Red
Balloons Lipstick
Crayon



For oily complexions that are prone to shine, avoid heavy powders that can make things worse by depositing powder pigments that don't mix well with sweat. Use oil blotters instead, says Dartford. Try Muji Face Blotting Paper (£1.95 for 100 sheets), made from highly absorbent paper pulp, or DHC Oil Blotting Paper (£4 for 100 sheets; dhcuk.co.uk) for an instantly matte summer complexion.

YOUR HOLIDAY MAKE-UP MUSTS

1. RMS Beauty Buriti Bronzer, £25 for 5.7g; naturisimo.com

Rich in Brazilian buriti oil, this glides onto skin for a healthy glow

and can be used on eyes and lips too. 'Gold and bronze tones are winners for holiday make-up for all skin tones,' says Dartford.

2. Bare Minerals Locked and Coated Waterproof Top Coat, £12 for 7.5ml; bareminerals.co.uk

This top coat helps keep your favourite mascara in place. Alternatively, Bare Minerals Lash Domination Volumizing Mascara (£18 for 11ml), contains plant proteins from quinoa, and is very smudge-resistant.

3. Ilia 99 Red Balloons Lipstick Crayon, £20 for 3.2g; beingcontent.com

Paint your lips easily on the go, mirror-free. The sesame seed, rosehip oil and papaya extract will also help condition sun-kissed lips.

4. Smashbox Photo Set Finishing Powder, £19 for 4.8g; smashbox.co.uk

A great alternative to blotting papers, this super-lightweight powder mops up all traces of shine and is loved by the pros.

5. Balance Me BB Natural Perfection with SPF25, £26 for 40ml; balanceme.co.uk

This brightens, colour corrects uneven skin tone and protects skin with mineral sun protection. 'The texture is light and leaves skin looking great without feeling weighed down,' says Dartford.

6. W3LL People Altruist Mineral Foundation, £25 for 6g; beingcontent.com

If you prefer powder textures, mineral make-up has great staying power and looks natural. This calms heat-irritated complexions, thanks to aloe vera, green tea and chamomile.

4. Smashbox Photo
Set Finishing Powder



Make your holiday beauty packing easier by choosing products that can perform more than one function and keep you looking great, even in the heat and water.

'Go for cream blush that has a strong enough pigment to also perk up lips in the day, and a creamy bronzer that also looks good on your eyelids as a shadow,' says make-up artist and green beauty expert, Louise Dartford (louisedartford.com).

It can be challenging to find long-lasting or splash-proof make-up that's a little kinder on your skin and the environment – for instance a product with fewer irritant-prone ingredients, petrochemicals or artificial ingredients. 'Unfortunately the words waterproof and natural don't tend to go hand in hand as it's the harsher chemicals and plasticisers that give waterproof products their stick,' she says. However, it's possible to stay looking cool in the sun with brands that tread more carefully on the planet and on us. 'Not only have formulas improved, but it's also about how you apply them. Take your time and apply several fine layers of a product, rather than one thick one, to help it last longer,' says Dartford.

For hot conditions, Dartford recommends products that are lighter in texture, so swap rich moisturisers for lightweight versions. For foundation, opt for a sheerer coverage or choose a tinted moisturiser, BB (beauty balm) or CC (corrective cream).

2. Bare Minerals
Top Coat



6. W3LL People
Altruist Mineral
Foundation

5. Balance Me BB
Natural Perfection





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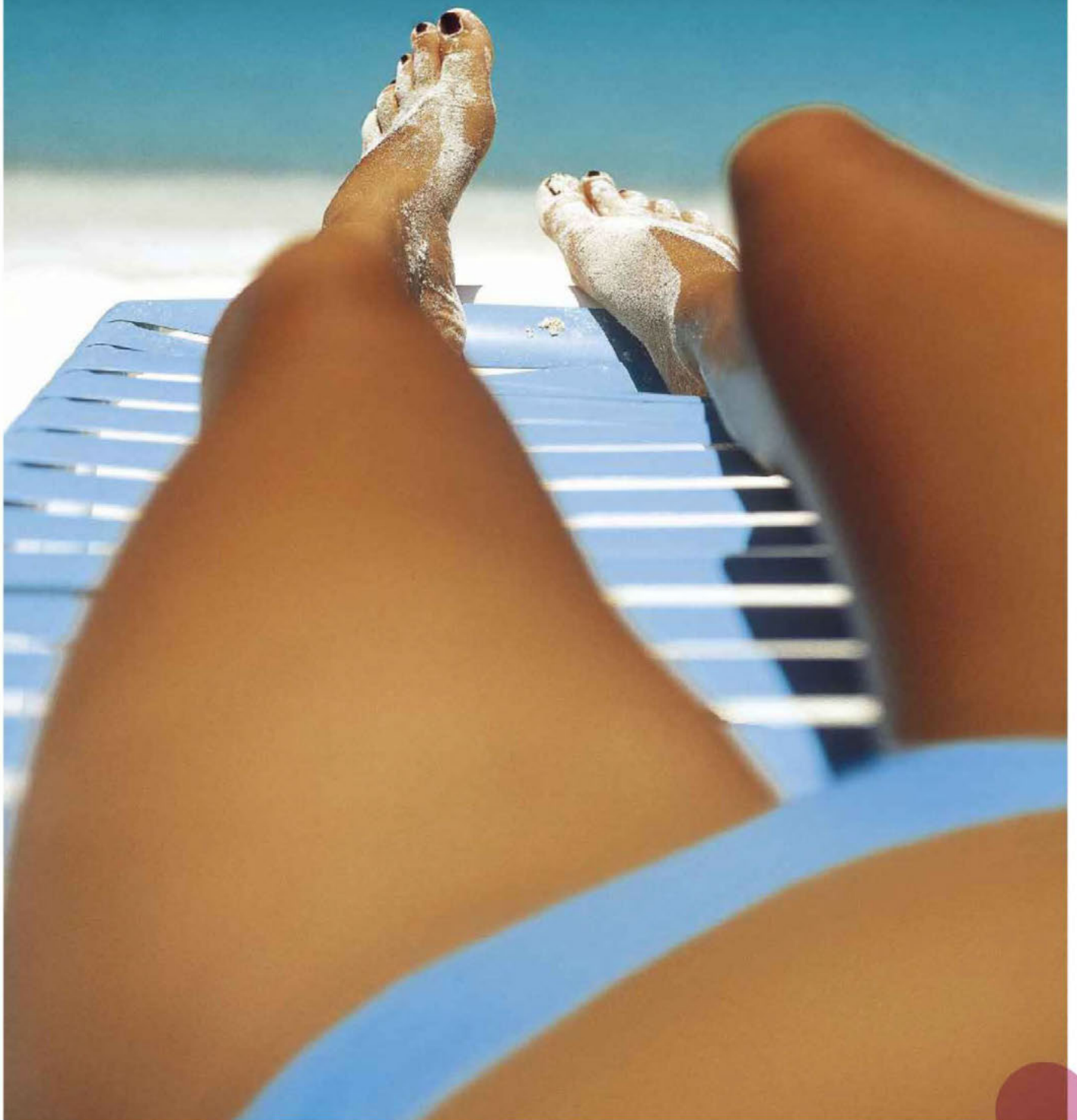
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‘MY BEACH BODY *SECRETS*’

Your top bikini-confidence tips from women
who are never far from sun, sand and sea

WORDS: Becky Fletcher





Papped celebrity Samantha Faiers

 @SamanthaFaiers

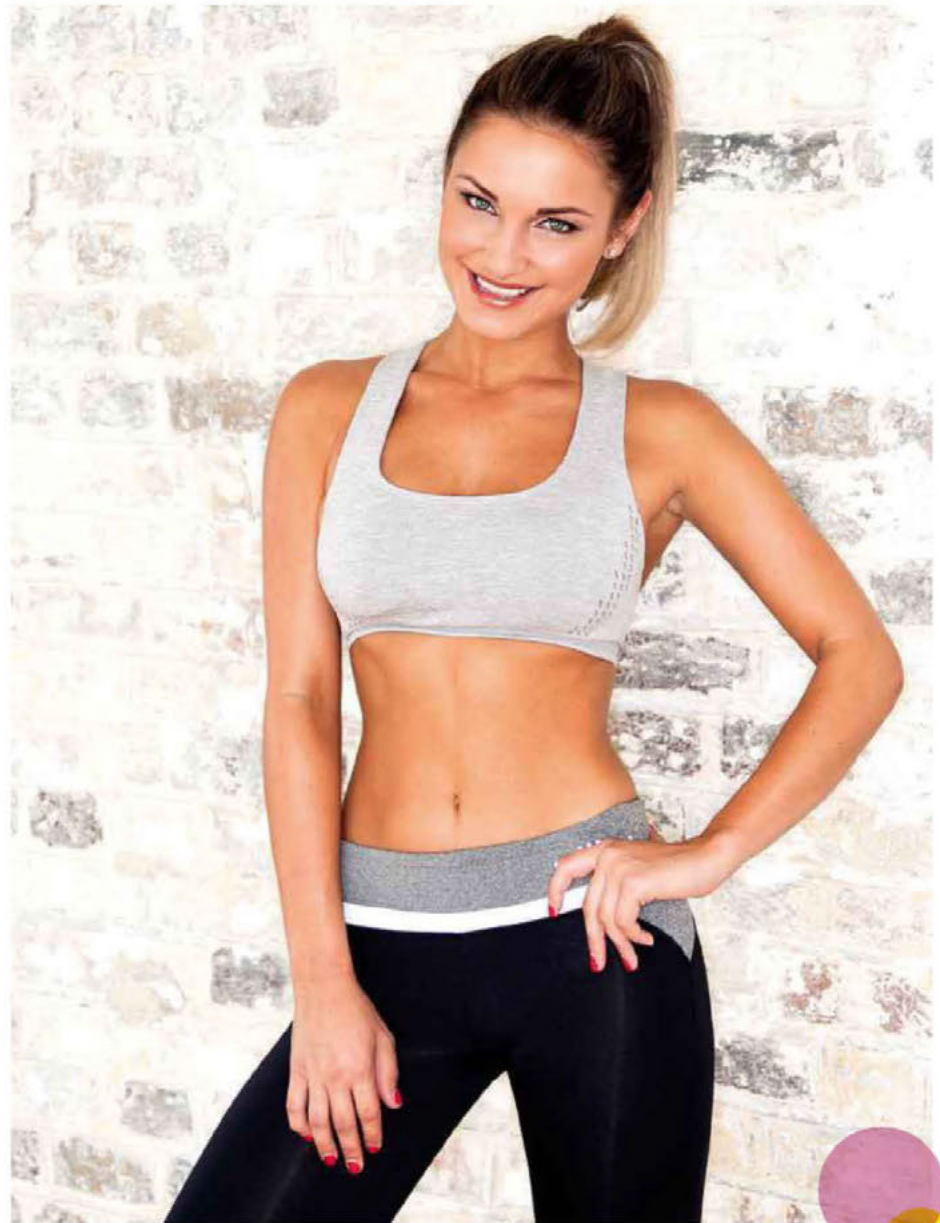
The TV personality, fashion lover and co-founder of fitness and nutrition subscription service, Celebrity Training with Sam Faiers (sam.celebritytraining.co.uk), tells us what it's like to be photographed unaware in her bikini and gives us the lowdown on how she gets her famously toned physique.

I exercise every day, even if it's a quick 30-minute workout. I usually use the exercises from my website, either in the gym or at home. I like to do interval training, cardio, toning and kettlebells. Exercise makes me feel refreshed and toned. I like to exercise in the morning as it gives me energy for the day.

I don't mind being papped on the beach, but it depends on the situation. If I'm letting my hair down and having fun at a beach party, I'm more conscious of what I might look like jumping in and out of the pool and the different angles that paparazzi may take the photo at. If I'm at the beach and I'm relaxed and sunbathing, then it doesn't really matter! It also depends on the bikini – if you're confident in what you're wearing, then it's not a big deal in my eyes! Find a swimsuit that fits your shape and makes you feel comfortable in your own skin.

I sometimes feel the pressure to stay fit and healthy for the young girls that follow me, and it's nice to keep on top of my appearance. I have a healthy lifestyle and look after myself and I love fashion. I don't let it rule my life though; I love to have a cheat day and relax from time to time. Also, with my Crohn's disease, I have to stay healthy.

Getting into health and fitness has changed my life for the better, but it's about being strong, not skinny. The website is great as it provides



nutritional advice and offers you a healthy balance with exercise. It's introduced me to a whole new world and I love working with Sophie (healthy eating expert) and Nicole (my personal trainer) as they've given me a fresh perspective on eating healthily and exercising.

My daily diet is pretty good and I try to eat healthily at all times. I love my food too much to diet though! I give myself a cheat day and will often have Chinese – it's my biggest weakness. For breakfast, I have porridge or eggs with spinach; for lunch and dinner I try to eat a lot of chicken or fish, with sweet potato or a salad.

I'll pack sun cream, sun oil, lip balm with SPF, a bottle of water and a camera in my beach bag. I don't really do much prep – just get in the shower and put a treatment in my hair so the sun doesn't dry it out. I don't wear make-up, but make sure I've got my SPF on and that I'm moisturised. I put on my bikini and sunglasses so I'm good to go!

I like a bikini bottom that ties at the sides, so I can adjust it. With my collection, I wanted a wide array of pieces with patterns and shapes to suit everyone. I've designed this kaftan that's a great cover-up and has a fun Aztec print.'



Jack Black
Intense
Therapy Lip
Balm SPF25,
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boots.com

Skeyndor Invisible
Protective Sun
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£39.95 for 200ml;
skeyndor.co.uk





Swimwear designer Melissa Odabash

 @Melissaodabash

The woman behind luxury swimwear brand, Melissa Odabash (odabash.com), reveals her bikini-body confidence secrets and how to ensure you get the most from your beachwear this summer.

Being in a swimsuit is very daunting for many women. Even Gisele has body hang-ups, so sometimes it's about forgetting the latest trend and wearing something that makes you feel comfortable. It's important to feel reassured that your swimsuit is keeping everything in place and giving you support.

Before you shop for swimwear, you should acknowledge your best assets.

Having an understanding of these and considering what flatters you most will help you find the best swimsuit for you. Women who focus solely on their negatives (we all have them) often forget the things they should be proud to show off! I have met women who are self-conscious of their bottom area and wear the biggest brief available; but in fact, the fabric draws attention to what it's covering. So a smaller brief gives the illusion of a smaller bottom and consequently, is much more flattering. But above all, it's most important that you feel comfortable in your choice of coverage and cut.

At Melissa Odabash, everything from the cut, shape and fabric to clever detailing is considered in order to complement all types of body shape as best as possible.

Using luxury Italian fabrics offers structure and support; while techniques such as ruching and smocking skim and conceal lumps and bumps, making women feel more comfortable.

My style is usually a combination of timeless swimwear and boho kaftans, but I have an obsession with white, so a white triangle bikini is a staple in my suitcase every time I go away.

Elle Cowboy Hat, £140

This year, I'll be wearing my signature **Miami Bikini** (£93; odabash.com) paired with a

Rodial Stemcell Glam Lip Balm, £17 for 10g; rodial.co.uk



Alexis Crochet Dress, £242



matching beach dress such as the **Cosima** (£214) from my SS15 collection. I also love versatile beachwear such as the **Alexis Crochet Dress** that's perfect for après-beach. I like to stay active, even on holiday, so my **SportsLuxe** collection is perfect for paddle boarding!

Elle Macpherson is without a doubt my ultimate beach style icon. Her natural beauty, bronzed, glowing skin and iconic long beachy locks and boho style look so effortless, which, in my opinion, is what beach style is all about.

Protecting my skin from the sun is very important

so I always carry my favourite **Heliocare** sunscreen (heliocare.com) and **Elle cowboy hat** in my beach bag. Sunglasses are an essential so I bring my much-loved **Dita Flight 004 aviators** (£299.99; endclothing.co.uk) and I keep my lips hydrated with **Rodial's Stemcell Glam Lip Balm with SPF** (£17; rodial.co.uk). Finally, I'm never without my **iPad** to capture inspiration for my designs!

I'm a huge believer in alkaline diets so I try to live by this method, and I work out every day, even if it's just a quick run. When I go abroad, I love to make the most of the sun and go rollerblading, cycling or water-skiing. Regardless of how successful you are, if you don't have your health, you don't have anything!

Portugal Bikini, £176





Beach-side athlete Bryony Shaw

@bryonyshaw

As a British Olympic windsurfer, Bryony's working day is often spent on the water training for Rio 2016. She explains what it's like to have the beach as her office and what it takes to get her strong, athletic body.

'As a young girl, I was into all sorts of sports before I became a windsurfer: ballet, football, netball, trampolining and athletics, to name a few!

Windsurfing is a very physically demanding sport so I like to get the most from my fitness. If I'm not windsurfing, you'll see me catching waves on my **Fanatic Stand Up Paddleboard** or hitting dry land on my road bike in the countryside. I do yoga and a body balance routine every day and surf when I can, which gives me great body awareness and trains my core. When I go to the gym, I

focus on a personalised body-balance routine that helps with injury prevention. I'll do a heavy leg press for strength and plyometric exercises for power.

I'm on the water almost every day.

If it's not on my RS:X sailboard, it's either wave sailing, surfing or kiting. Fuelling my training is extremely important and tailored specifically to each session. I have pH-balanced electrolytes in my sports drink that are vital to stay hydrated. I also have nutritional recovery strategies that include a **CNP Pro Shake** (£15 for 6; cnpprofessional.co.uk) within 20 minutes after exercise.

The fitter I am, the more I can focus on tactics around the race course. Acceleration off the start line is critical to get ahead so I can sail with clear wind blowing into my sail.

I feel best about my body when I get lean and my abs start showing.

As a female athlete with broad shoulders and muscly biceps, it's hard to feel "feminine", but I tell myself my body reflects my work and it's a body to be proud of.

I'll always have the following in my kit bag: a wetsuit brand called **ION** makes very stylish women's wetsuits (ion-products.com). **Zhik** (zhik.com) is an emerging wetsuit brand on my radar. The wetsuits contain very advanced materials to suit any kind of weather. Being in the

water all the time means my skin gets really dry, so I use lots of Argan-oil-based products to keep my skin soft. I always make sure my skin's protected as I'm outside so much, so I use a CC cream with SPF factor 35. Competing at events internationally means I'm travelling constantly: my **Volvo XC60** (volvocars.com) takes me from shore to shore with all my kit.'



ION Jewel Hot Shortie wetsuit, £99.95; ion-products.com




Fanatic Stand Up Paddleboard, £1,298.99; surfdome.co.uk



Yoga helps Bryony boost her core strength



Swimwear model Anna Clough

 @anna_clough

The model, swimwear designer and H&F favourite explains just what it takes to get prepped for a swimwear photo shoot.

‘Growing up, I competed as a swimmer and trained every day, so sport has always been part of my life and I’m lucky that I

love exercise. These days, my favourite exercise is running and I try to run five mornings a week, running between five and nine miles each time. I also love to go to a range of fitness classes, but boxercise and circuits are probably my two favourites. It can be hard to commit to regular exercise classes because I travel a lot with work, but running fits into my lifestyle.

I try to keep a balanced and healthy diet.

I eat lots of protein and salad, but I also have a sweet tooth and don’t deny myself treats when I want them. I have a lot of energy and a positive outlook on life. I believe this stems from keeping fit and healthy. The feeling you have after completing a run or gym class always makes the effort worthwhile.

Before my first swimwear shoot, I definitely felt nervous, but even today I feel the nerves because most jobs are with a new team and it takes a few shots to get used to how everybody works.

I find nerves are healthy because they help you do the best job you can rather than becoming complacent. In the days running up to a swimwear shoot, I make sure I don’t skip exercise and I drink plenty of water. Alongside my swimwear shoots, I do lots of fitness modelling with my agency W Athletic (wathletic.com). These shoots are often booked at the last minute, so it’s important for me to keep fit and healthy all the time.

Before a shoot, I moisturise my skin. I’m a big fan of coconut oil and I use this as a moisturiser. If the shoot requires a subtle tan, I’ll use **Garnier Summer Body** (£5.35 for 250ml; boots.com) the day before. I’ve been using this product for years as it suits my skin tone. My beauty regime is really simple. I try to eat healthily, get plenty of sleep and drink lots of water. I don’t use any creams or skincare products on my face, but during the day I like to wear **Chanel Vitalumière**, a very light foundation that contains SPF15 (£36 for 30ml; boots.com) which is important for retaining healthy skin. ‘I keep my nails polished in a neutral colour; **Essie nail varnish shade limo-scene** (£7.99 for 13.5ml; boots.com) is my everyday favourite. My hair is naturally curly and often feels dry after being styled for photoshoot so I use **Apivita’s Propoline Nourishing Hair Mask** (£15; apivita.com) on it.



Apivita’s Propoline Nourishing Hair Mask, £15 for 150ml; marksandspencer.com

Working as a model, you really have to learn to be comfortable with yourself.

For example, you might go to one casting and they’ll say you’re too small and go to another and they’ll say you’re too big. You learn that you can’t please everybody. It’s better to be happy with yourself, look after yourself and don’t give in to the pressure of people wanting you to look a certain way. Don’t take yourself too seriously and enjoy being unique!

My most memorable beach shoot location has to be on South Beach in Miami earlier this year.

It’s a fab city and I’m looking forward to heading back there in the future.

In my beach bag, you’ll find a large bottle of water, a beach ball, sunscreen and a sunhat. Depending on my location and company, you’re also likely to find a book or iPod.

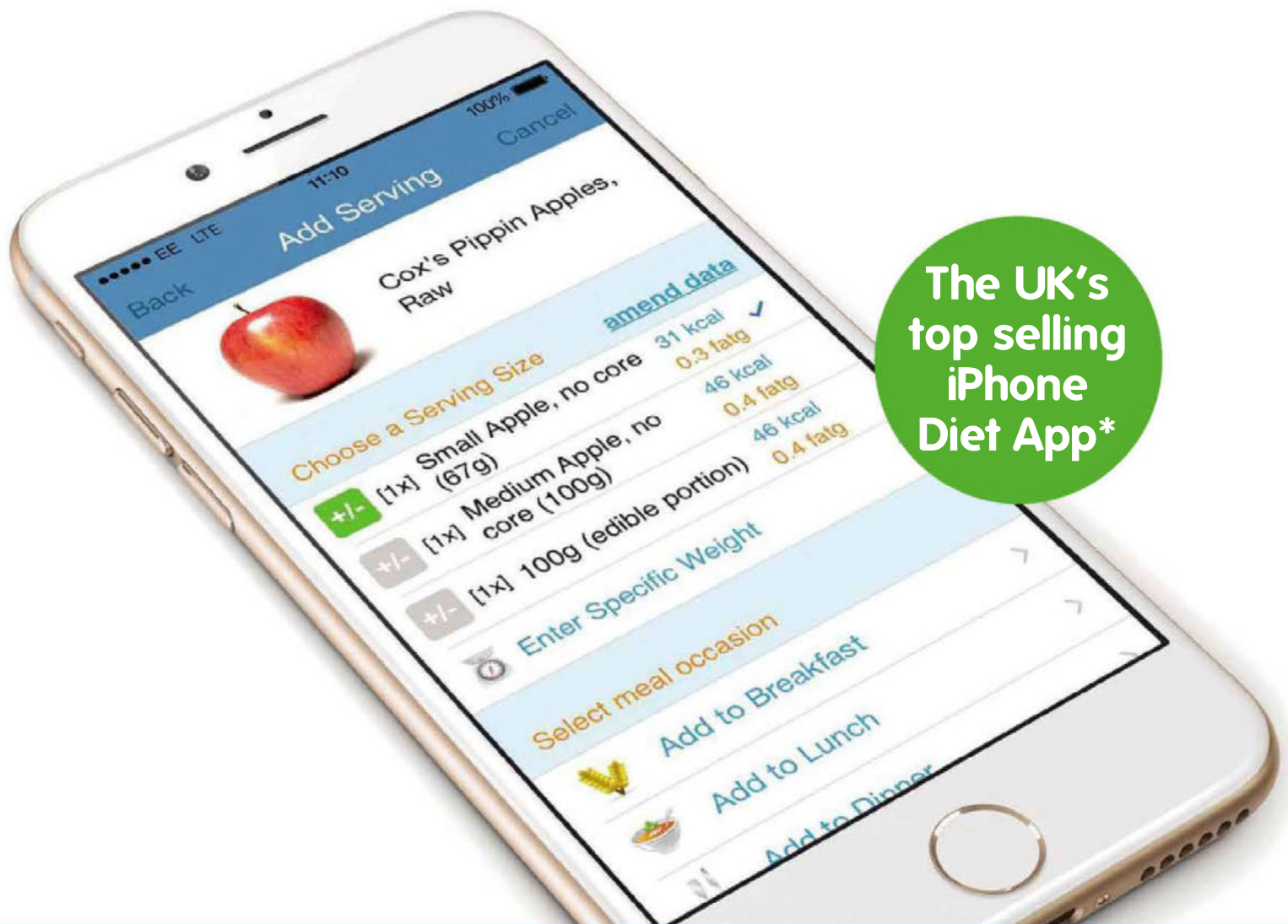
I have a swimwear line with my sister called BeachHeart (beachheart.co.uk) and I love wearing our bikinis. I like to throw boho-style shorts over a bikini and love **Miguelina’s crochet shorts** (£135; net-a-porter.com). A sun hat is a must; my favourite is a **Panama** from Borges & Scott (borgesandscott.com). ■



Chanel Vitalumière, £36 for 30ml; boots.com



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REINVENT YOUR SUMMER DIET

Trying to slim down and get healthy can sometimes take the fun out of summer. After all, who wants to skip sundowners and summery desserts when the temperatures soar? We'll share a little secret with you. You don't have to! This season you can smarten up your diet and enjoy your food – minimal effort required! To get you started, we've gathered this summer's healthiest eating treats. Yum!

Want to eat healthily *and* indulge this summer? Here are the latest fun ways to have your cake and eat it

WORDS: Louise Pyne

#01

UPDATE YOUR FRIDGE

Move over kale – a whole new breed of amazing superfoods has arrived to help boost your diet. Offering greater nutritional benefits than their predecessors, hybrid fruit and vegetables (a cross of two varieties) are serious health winners – after all, two superfoods are better than one, right? 'A hybrid is simply the cross of two species, and is often bred with more health-giving benefits,' says Charlotte Watts, nutritional therapist and author of *The De-Stress Effect* (Hay House, £12.99). Combine kale with Brussels sprouts and you get the Flower Sprout (£1.50, Sainsbury's). With its flavoursome, dark green crinkled leaves, this brassica harnesses the detoxifying sulphur compounds of each vegetable, and is crammed with double the level of immunity-boosting vitamin C of traditional Brussels sprouts. The Broccoflower is also high on our summer radar. It's a cross between broccoli and cauliflower, (also known as the Romanesco cauliflower) and is super-versatile tossed into salads or eaten as a side dish. Summer is the perfect time to take advantage of the seasonal fruit on offer, so add a punnet of Plutots to your weekly shopping list (£3.99, ocado.com). This super-sweet plum-apricot hybrid is high in antioxidant anthocyanins, which help to keep skin looking youthful – and tastes delish too!



#02

HAVE A HEALTHY HAPPY HOUR

From margaritas to mojitos, we love summer cocktails as much as the next person – after all, happy hour al fresco is pretty much a prerequisite of sunshine-filled days. And if you're looking for a tippie with extra health benefits, look no further, as this year, plant-powered cocktails are hot in the mixology world. 'Obviously sugar and alcohol in excess aren't going to do you any favours. But using alcohol to extract the goodness from plants is no bad thing. Alcohol was, and still can be, the easiest way of dissolving medical constituents and dispersing them into your body quickly,' says Lottie Muir, author of *Wild Cocktails* (CICO Books, £16.99) and founder of The Midnight Apothecary roof-top cocktail bar in London, where she grows the ingredients for the bar's botanical drinks. In *Wild Cocktails*, Muir offers 300 recipes using home-grown and foraged edible flowers, fruits and herbs, including Woodland martini and Lavender gin fizz. And at Tanya's Raw Food Café (tanyascafe.com) in London, mixologists blend spirits with botanicals to create superfood cocktail What The Doctor Ordered, a therapeutic blend of vodka, agave, lemon, chia, lavender and ginger bitters.

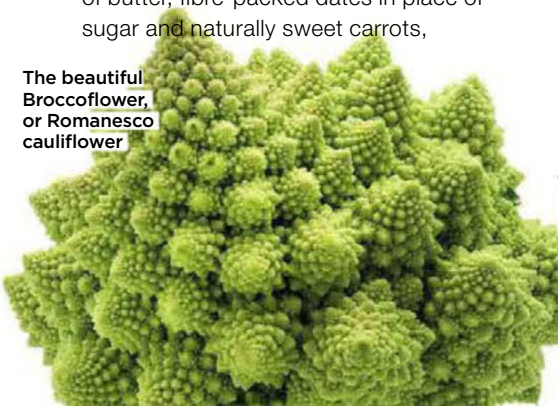
#03

HIDE HEALTH IN SWEET TREATS

Dessert doesn't have to come off the menu, even if you've pledged to stick to a healthy summer diet. Healthy chefs are showing us that swapping a few standard cooking ingredients here and there for healthier alternatives can elevate puds to a whole new level, without ruining your efforts. It's easy to hide healthy foods in sweet treats – you just have to think outside the box!

Try using omega-3-rich avocado instead of butter, fibre-packed dates in place of sugar and naturally sweet carrots,

The beautiful Broccoflower, or Romanesco cauliflower



Lottie Muir's Fennel, tarragon and chard Collins cocktail...



... and The yarrow



courgettes and parsnips to add texture and flavour to cakes and muffins. 'Vegetables don't have to be confined to savoury dishes,' says nutritional therapist Shani Shaker, (superradiance.co.uk). 'They contain a variety of key nutrients, very few calories, are anti-inflammatory and naturally boost fibre intake to help increase satiety and weight loss. It's hard to see the downside.'

#04

START SPROUTING

Raw foodists and health fans have long been sprouting seeds and pulses to power up their salads. But now sprouting has gone mainstream and a whole new wave of sprouted foods – from rice and grains to granola – is appearing. Sprouting raw nuts, seeds, legumes and grains yields a product that packs nutrients including fibre, protein and vitamins C and E into your

body. Rinsing and soaking seeds removes enzyme inhibitors allowing the seed to germinate. This process breaks down proteins into separate amino acids, and complex starches into simpler carbs, making them far easier to digest. Ease yourself into the trend by trying Good4u Super Sprouts (£1.25 for 50g, tesco.com), an antioxidant-rich mix of sprouted clover, broccoli, alfalfa and radish. Or try Planet Organic's Sprout Naked Oats or Sprouted Brown Rice (both £4.99 for 400g).

It's also a doddle to do yourself. 'Fill a jam jar one third full of what you want to sprout, then cover with water overnight. Drain and rinse the next day, repeat twice a day and your seeds will turn into sprouts,' says Shani. Throw into salads or warm lentil dishes for a quick meal shake-up. Bacterial contamination is a potential hazard of sprouting, though. 'Preparing sprouts with antimicrobial foods such as vinegar, garlic and onions can kill lurking pathogens,' says Shaker.

'Vegetables contain a variety of key nutrients, very few calories, are anti-inflammatory and naturally boost fibre intake to help increase satiety and weight loss. It's hard to see the downside.'

#05

GET CARB-SAVVY

As much as we love quinoa and brown rice, we're always excited when we're introduced to new centrepiece ingredients. Teff, kañiwa and freekah grains have been hovering on the edges of nutrition circles for the past few years, but they're poised to become kitchen cupboard staples. And thanks to the health benefits they offer, these ancient (but new), ingredients are up there as our new favourite supergrains! Teff is a gluten-free African grain that's packed with fibre and iron. 'The flakes and flour are popular in baking, the grain can be steamed or boiled and used like rice, and it's also great as a porridge,' says nutritionist and TV chef Christine Bailey (christinebailey.co.uk). Like quinoa, South American kañiwa is high in protein, while freekah, derived from unripe wheat and boasting a characteristic smoky flavour, is rich in iron, fibre and B vitamins. 'Both work well in salads and rice-style dishes,' says Bailey.

#06

EAT LESS MEAT

These days, it seems that everyone's getting on the meat-free bandwagon. Earlier this year, Beyoncé launched a new vegan meal delivery plan, while British food blogger Ella Woodward has seen her fame rapidly sky-rocket with her Deliciously Ella vegan blog and recipe book – also named *Deliciously Ella* (Yellow Kite, £20) – the fastest-selling cookery debut ever.

Indeed, there's a good reason to swap sausages for salad. Non-meat eaters generally boast better cardiovascular health, a lower risk of type 2 diabetes and a longer life expectancy than fully committed carnivores. But if going cold turkey isn't for you, summer is the perfect time to become a part-time vegetarian (also known as a flexitarian), and nosh on a mainly plant-based diet with the occasional meaty treat thrown in for good measure.

Research by Tesco reveals that Monday is the healthiest shopping day of the week, so try kicking off your diet with Meat-Free Monday – the initiative set up by the McCartney family to encourage Brits to eat less meat. Make pulses, tofu and quinoa the star ingredients on your plate to ensure you don't miss out on protein. 'Use these to whip up homemade veggie-based casseroles, curries and veggie sausages, burgers and roasts,' advises Shaker.

3

SUMMER HEALTH BOOSTERS

STRAWBERRIES

In season and packed with goodness, strawberries contain antioxidant phytonutrients and contain more vitamin C than oranges.

COCONUT

This tropical trooper is high in special fats called medium-chain triglycerides that help keep your metabolism revved up.

TOMATOES

Tomatoes contain the antioxidant lycopene, which partially acts as a natural sunscreen against harmful UV exposure.

#07

PRIORITISE COLD-PRESSED

You've probably already tried cold-pressed juices, but nowadays makers of snack bars, oils and protein shakes are also using the method to preserve their ingredients' nutritional goodness. Traditional manufacturing processes involve heating ingredients to destroy bacteria and prolong shelf-life, but this also kills off nutrients. 'Cold-pressing retains more of the nutritional benefits and greater flavour of ingredients,' says Watts. Munch on Creative Nature's Blissful Berry Snack Bar, (99p for 38g; creativenaturesuperfoods.com), or try Pulsin Hemp Protein (from £7.99; pulsin.co.uk), or Waitrose Cooks' Ingredients Virgin Cold-Pressed Coconut Oil (£5; waitrose.com).

#08

GO L'EAU

We all know the benefits of drinking water, but you can make it even healthier by infusing water with fruit, herbs or spices for extra vitamins and minerals. 'Simply place fruit, herbs, and/or spices in a glass jug and muddle with a wooden spoon to release the juices,' says Shaker. Just add still or sparkling water and refrigerate. 'Sometimes I add a green tea bag and a slice of lemon to a jug of cold water and sip that throughout the day,' says nutritionist Amelia Freer, author of recipe book *Eat Nourish Glow* (Harper Thorsons, £16.99). 'Other combos include pineapple and sage, lime and basil, apple and rose, and watermelon and rosemary.' ■

Infused waters from Amelia Freer's book *Eat Nourish Glow*



Summer beauty SOS

Horried by the thought of baring your body?
Fear not – we have the advice, treatments and
products you need to boost your confidence

WORDS: Gabrielle Nathan

'T

is the season for
donning shorts
and a sleeveless
vest to go for a

run, slipping into a strappy dress
and sandals for a night out or
rocking a bikini on the beach.
But after months of covering up
in jeans and jumpers, you're
bound to have a few body issues
that need addressing before you
feel comfortable about flashing
your flesh.

Some beauty woes are quickly
solved – pale skin that hasn't
seen the light of day since
last summer can be instantly
transformed into a bronzed and
beautiful version of itself with a
single application of fake tan. But
other problems take a bit more
work, which is where we come
in. We've tracked down the latest
and most effective ways you
can tackle some of the more
challenging grooming gripes in
the salon and at home.

PREDICAMENT

SPIDER VEINS

'Thread or spider veins are tiny blood vessels that run very close to the surface of the skin and look like fine wiggly lines. They're not broken but slightly enlarged or dilated, which is what makes them more noticeable,' explains Dr Anita Sturnham, founder of NURISS Skincare & Wellness Clinic (nuriss.co.uk). 'Spider veins are more common as we age; just as the collagen in our dermis reduces, leading to slacker skin, so too does the collagen in the walls of the blood vessels. It is the dilation of these blood vessels that give us thread veins.' It's thought that spider veins are also triggered by genetics, and could be made worse by

standing or sitting still for long periods, hormonal influences of pregnancy, contraceptive pills and menopause, medical conditions such as rosacea, and UV damage. 'While it's not possible to prevent all spider veins, you could try: exercising to improve your circulation, leg and vein strength (walking or running is ideal); avoiding crossing your legs, standing or sitting or wearing high heels for long periods; and try eating a high-fibre, low-salt diet,' says Sturnham. But what if it's too late?

IN-SALON: For fast results, VBeam is a laser that uses an intense beam of light to heat up and destroy red pigment. The light from the laser is absorbed safely and effectively by the pigment in the veins,

PREDICAMENT CELLULITE

Those dreaded dimples make over forty per cent of us nervous about baring all on the beach, but there is hope, so don't be deterred. First, try exercise. Cellulite is fat after all. HIIT (high-intensity interval training) can help because it boosts levels of human growth hormone (HGH), which is a fat-burning hormone. You could also try using a vibration plate during your workout as all that wobbling improves your lymph circulation, which reduces fluid congestion – another cause of cellulite.

IN-SALON: Book in for a cellulite-busting treatment at LipoTherapeia. The clinic offers science-based treatments that draw on radiofrequency technology to blast fat cells so they release their contents into surrounding tissues, which can then be carried away by the circulatory and lymphatic systems. 'It's widely accepted that radiofrequency is the best technology for non-intrusive skin tightening, fat reduction and cellulite removal,' says cellulite expert and founder of LipoTherapeia Georgios Tzenichristos. 'Deep radiofrequency treatments penetrate the level of skin where the subcutaneous fat, cellulite fat and connective tissue are.' At £378 a session, the Meso-CRF® 360° isn't cheap, but it combines Deep Tissue Radiofrequency™ with fat-cell-destroying ultrasound and Cellulence, Tzenichristo's dimple-blasting cream.

AT HOME: As well as firm self-massage for twenty minutes every other day to help boost circulation and improve the appearance of cellulite, Tzenichristos recommends camouflaging dimply skin with self-tan – 'it hides a multitude of sins!' Try tinted Manuka Doctor ApiBronze Anti-Cellulite Bronzing Gel (£24.99 for 200ml; manukadoctor.co.uk).



PREDICAMENT BINGO WINGS

Struggling to shift those upper-arm flaps? 'Reducing your overall body fat percentage by eating sensibly and exercising to burn fat and build muscle mass will help get rid of them,' explains personal trainer Caroline Dean (@Carolinesdean). Use dumbbells, kettlebells and bodyweight training to increase muscle size and make your arms look leaner.

IN-SALON: Described as Spanx for the arms, VelaShape III is a lifting, tightening and skin-firming treatment that targets sagging skin. Bi-Polar Radiofrequency and infrared light waves combine to increase the production of collagen and elastin, which act as scaffolding to the skin. After three 45-minute treatments, you can expect firmer, tighter, slimmer arms. Sessions cost from £150; ultra-vela.com.

AT HOME: Nuriss Bingo Wing Fade-Away Cream, (£65 for 120ml; nuriss.co.uk), has fat-burning and skin-toning properties.



which are destroyed during a relatively painless session. You'll need three to six sessions for full effect. Treatments cost from £200; syneron-candela.co.uk. Consultants at the Whiteley Clinic (thewhiteleyclinic.co.uk) believe you have to treat the 'feeder' veins for longer-lasting results. See page 87 for our treatment case study.

AT-HOME: Skin Doctors Vein Away Plus, (£15.30, ocado.com) contains vitamin A and phytotonine, a botanical complex that's claimed to decrease visible discolouration by 24 per cent.

PREDICAMENT EXCESS BODY HAIR

Stubble legs, bumpy bikini lines and shadowy armpits are just a few of the results of battling excess body hair with a razor. So this summer, step up your depilation game with some of these forward-thinking treatments...

IN-SALON: When it comes to techy hair removal, laser has the edge. 'Laser hair removal is a far more effective treatment than other procedures such as IPL (Intense Pulse Light) treatment or electrolysis because a laser is an intensely concentrated beam of light and the energy is extremely focused, so it's very precise, offering more powerful, accurate results,' explains Abi Asksoy, senior therapist at sk:n clinics (sknclinics.co.uk). 'The targeted laser disrupts the blood supply to the hair follicles, retarding their growth.' After eight to 12 treatments costing around £940, expect hair to be reduced by up to 80 per cent.

AT HOME: Rich in antioxidants, anti-inflammatories and natural softening agents, argan oil is the star in Nair's Argan Oil Collection of body waxes and creams that leave skin soft and smooth. Try the easy-to-use Bikini & Underarm Glide-on stick (£4.32 for 100ml; Boots).



PREDICAMENT

UNSIGHTLY FEET

Hidden from view for much of the year, feet tend to be neglected until footwear gets skimpier. But even with this season's trend for chunky platforms, there's no hiding bunions, discoloured toenails and fungal infections. So what to do?

IN-SALON: Seek the help of a professional podiatrist – a qualified foot doctor. 'Podiatrists can properly assess and treat all kinds of foot problems, from skin issues such as athlete's foot to structural issues such as heel pain,' says Richard Handford, member of the College of Podiatry. Even if you don't have a specific concern, it's still worth going for a medical-pedicure, a dry version (no foot baths or varnish) of a regular pedi that's guaranteed to leave your feet healthier and softer and your toe nails cut properly, thus avoiding the risk of ingrowing nails. To find one near you, visit scpod.org.

AT HOME: 'When it comes to ridding your feet of hard skin, little and often is better than a once-a-month purge,' says Handford. For stubborn dry skin, try Carnation's Hard Skin Remover Pen (£3.99 for 1.8ml, carnationfootcare.co.uk), containing glycolic acid. Handford also advises regularly slathering on emollient. Try Botanicals Foot Softening Balm (£15.95 for 50g, botanicals.co.uk).



PROMOTION

BEAUTIFUL HOLIDAY SKIN!

As you prepare your body for summer, don't forget to add a collagen supplement to your daily skincare routine. The liquid ones work best as all the ingredients are completely in solution and can therefore easily be absorbed by the body, feeding your skin from within for that perfect summer glow! Skinade, 30-day course £90; skinade.com.



NAIL HEALTH TIP

Wearing varnish is the equivalent of coating nails in clingfilm. Unable to breathe, nails can become dry and discoloured. Take your polish off, grow out the unhealthy portion, then wear polish on a two weeks on, two weeks off rotation to avoid flaky, yellow nails.

PREDICAMENT

PIGMENTATION

If you hate your sunspots, there are things you can do to fade them and limit further damage. 'Melanin is produced by melanocytes and gives skin its colour, protecting skin from UV radiation,' explains Lorraine Perretta, nutritional therapist at Advanced Nutrition Programme. 'When skin's exposed to the sun, the melanocytes start to make melanin. But when skin is over-exposed, too much melanin can be produced, resulting in pigmentation or sunspots. Limit further damage by minimising your exposure to sunlight, especially in the middle of the day.'

IN-SALON: Fraxel is a skin-resurfacing treatment that uses microscopic laser

columns to penetrate the skin, creating minuscule wounds that trigger the body's natural healing response, stimulating the growth of healthy skin cells. It's surprisingly painless and can work within a few sessions (fraxel.com). A less aggressive option is a vitamin-rich facial, which uses the skintone-evening powers of vitamins A, C and E to reduce pigmentation. For extra clout, Environ's Ionzyme Active Vitamin facial (from around £65 for a one-hour treatment; 020 8450 2020) uses low-frequency soundwaves to deliver the potent cocktail deep down, to the skin cells that need it most.

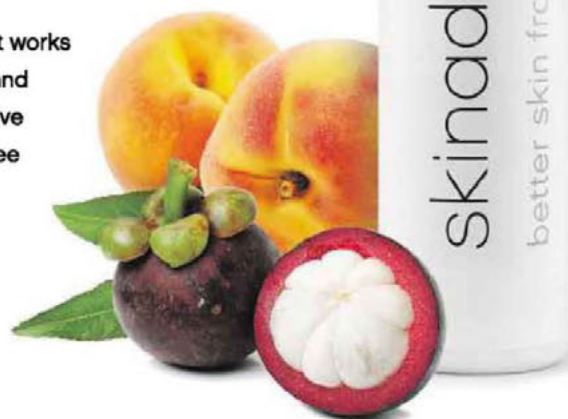
AT HOME: The tiniest amount of Jane Iredale Glow Time Full Coverage Mineral BB Cream (£39.95; janeiredale.co.uk), can cover tell-tale evidence of sun damage and offers SPF25 to protect skin too. ■



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EAT LIKE AN ATHLETE

Ever wondered how sportswomen stay on top of their game? They eat well. Here's how...

WORDS: Sarah Ivory

Here's something you possibly didn't know – an 8oz New York strip sirloin steak served with sweet potato mash, kale, samphire, mange tout and broccoli is the perfect meal for an athlete. It has the right balance of muscle-repairing protein, energy-giving carbohydrate and immune-boosting vitamins and minerals. That's according to Joseph Agu, consultant performance nutritionist (josephagu.com), who's been working with former Olympian-turned-chef, Francis Agyepong, to create the perfect menu for this athletics season.

'Steak is high in protein, which is excellent for muscle recovery and iron stores. It helps reduce fatigue and is an ideal meat for athletes during their training programme,' says Agu. 'Sweet potato is a great carbohydrate source, so it contributes to the recovery of muscle function. The green veg provides vitamins A and C, which helps the immune system.'

Anyone who has tried to fuel up for a big event will know eating for performance is tough to get right. And yet food can mean the difference between a good or bad race and, for the pros, a long or short career. Want to know what the elite really chew on? We asked them for their diet secrets.



CHRISTINE OHURUOGU

AGE: 31

PROFESSION: 400m runner

'My food intake is guided strictly by my training requirements for the day. As I start early, I'm

not always able to eat a full breakfast. I need to get the essential nutrients in for the sessions and make sure that I recover straight away. Protein is essential for re-building the body after rigorous exercise.

'I try and pack as many fruit and vegetables into my day as I can. Smoothies are the best way of getting the nutrients I need. I usually make a big batch, then drink it throughout the day after training. I don't mind too much about the taste, as long as I get all of the fruit and veg in. I love using frozen fruit, as it has that slushy texture when it's all blended together.'

TIMING IT RIGHT

'By Wednesday, I'm pretty tired, but I still have three days of training to do! It's essential my nutrition reflects that and I have lots of pick-me-up foods. I'll also have a few more carbs on a Wednesday, as Thursday is a big training day and I want my body to be prepared.

'I train six days a week and, for four days out of the six, I will train twice. It's very important that I time my food intake well before sessions. I don't want to feel like I've eaten when I train as it's not nice running with a full stomach. I try to eat my lunch at least two hours before a session.

'If I feel like I need a top-up, I'll have some fruit or nuts to hand when training. My evening meal is when I top up on carbs, especially after a heavy day of training. Sometimes after training heavily, I don't feel like eating, which is when the protein drinks are important. I can begin recovery as soon as I step off the track without eating.

'It's always nice to have a treat here and there. I like muffins! Homemade ones are the best, as you can substitute naughty ingredients for healthier options.'

I TRY TO PACK AS MANY FRUIT AND VEGETABLES INTO MY DAY AS I CAN

TYPICAL DAY'S DIET

★ 7.15am: Breakfast

Yoghurt and mixed nuts. Protein gel, water with a vitamin C tablet.

★ 10.30am: Mid-training snack

Banana, grapes, two tangerines.

★ Post-training snack

Recovery protein drink.

★ 1:30pm: Lunch

Walnut, spinach, feta cheese and avocado salad.

★ 5pm: Post-training snack

Recovery protein drink and banana.

★ 6pm: Snack

Four cereal biscuits.

★ 7:30pm: Dinner

Grilled chicken and sautéed veg with roasted sweet potato.

★ 9pm: SiS overnight protein.



SIOBHAN-MARIE O'CONNOR

AGE: **19**

PROFESSION: **Individual medley specialist swimmer**

try to eat a really balanced diet during training and racing season. I train 11 months of the year and the sessions can be really intense. It's therefore really important for

me to keep refuelled in order to be full of energy. Recovery after training is probably the most important part of my diet; within 20 minutes of finishing every session, I'll either have a protein shake or a protein milkshake with a cereal bar or some other form of carbohydrate. This definitely helps reduce fatigue and maintain my energy stores.

'I'll have a small breakfast before training at around 6.30am. At this time of the morning, I don't feel like eating a lot, but it's important for me to have something to get me through the two-hour swim session. After training, when I get home, I'll have a large breakfast. This is my favourite meal of the day, as I'm always very hungry!'

PLANNING AHEAD

'It's much easier to plan meals since I've been given a weekly training plan, which outlines all of our training sessions, physiotherapy and team meetings. This enables me to plan ahead and establish a routine, ensuring I'm eating at the right times and have enough energy for each training session. It's also important I don't eat too close to the swimming session, as this can make me feel slightly sick.

'I taper my training before a major competition, meaning I do fewer sessions than normal. As the volume of training reduces, it's easier for me to put on a little extra weight if I carry on eating the same amount as normal, so I have to taper my diet, too. Usually, this means reducing the carbohydrate intake but keeping the same high protein intake.

'I tend to eat from a buffet when I train or compete abroad, which is good because there are always a range of different options to choose from. Depending on where in the world I am, sometimes it's a good idea to stick to the safe options to avoid upset stomachs. I have an underlying stomach condition, so I have to be very careful with what I eat, especially when overseas. I always take food with me as a back-up.'

RECOVERY
AFTER TRAINING
IS THE MOST
IMPORTANT
PART OF MY DIET

TYPICAL DAY'S DIET

★6.30am: Small breakfast

Two slices of gluten-free bread with peanut butter, a banana and a cup of tea.

★9.45am: Post-swim snack

Protein milkshake and a cereal bar.

★10.30am: Big breakfast

Two poached eggs, avocado and bacon on toast, a cup of green tea.

★1.30pm: Lunch

Smoked salmon and cream cheese bagel with tomatoes, mixed leaves, quinoa, chicken and Parmesan salad. A yoghurt and coffee.

★5.30pm: Post-swim/Pre-gym snack

Protein shake with a cereal bar and banana bread.

★7.30pm: Dinner

Beef lasagne with salad. A fruit smoothie. Yoghurt with honey and blueberries for dessert.



KATIE ARCHIBALD

AGE: 21

PROFESSION: **Track and road cyclist**

For road cycling, training is often long hours and long distances, so a high-energy diet is key. Lower-GI foods

give a slower release of energy and should be the focus of main meals during training. A wrap with lentils and avocado is one of my favourite meals, for either lunch or dinner, also with feta cheese, spring onions, mild red chilli and wholemeal tortillas.

'In between training, fuelling for exercise is vital to get the most out of my workout. Snacking between meals gives me the energy to perform my best. Peanut butter and crackers with a glass of milk is a healthy low-GI option, as it has a good protein and carbohydrate balance.'

STAYING HYDRATED

'Satisfying fluid needs is key to a good performance on the bike. It prevents dehydration not only on race day, but also during training. To assess how much fluid I lose per race, I often weigh myself before and after training sessions. Each kilogram is equal to one litre of fluid.'

'Carbohydrate depletion is another risk when riding long distances and it causes heavy legs. The Pearl Izumi and Great Britain team and I ensure that we're

prepared with sufficient carbohydrate supplies to last the distance. I start consuming carbohydrates in the very early stages of a race and tend to have CNP Pro Energy carbohydrate drinks and some energy gels during the event.'

'The right pre-event meal is really important. Before races, such as The Milk Race, I'll have porridge for breakfast, around two to three hours before the race, and I'll have a banana an hour or so before. All the foods I eat before a race are high in carbohydrate and low in fat, which is easily digestible. I also have a fluid plan to ensure I drink enough but don't overdo it!

'Through training, I realise how key it is to monitor all the nutrients I take in to make sure nothing is missed. Iron levels are a big one to keep an eye on. In my weekly diet, I eat foods that are high in iron, including lean red meat, chicken, green vegetables and wholegrain cereals.'

THE FOODS I EAT BEFORE A RACE ARE HIGH IN CARBS AND LOW IN FAT

TYPICAL DAY'S DIET

*8am: Breakfast

Porridge with milk, apple, raisins and some cinnamon. Toast and jam. Orange juice.

*11am: Snack on the bike

Banana. CNP energy bar. Water.

*2pm: Lunch

Rice, egg, chicken, tomatoes. A glass of milk.

*3pm: Snack on the bike

CNP energy gel. Plenty of water.

*5pm: Post-training snack

CNP Pro Peptide recovery shake.

*8pm: Dinner

Avocado, mozzarella, tomato and balsamic vinegar. Chilli made with turkey mince, wholemeal wraps, yoghurt and salsa. Orange juice.



Katie Archibald is a reigning European champion who rides for Great Britain and Pearl Izumi Sports Tour International. This year, she took part in The Milk Race for the third year running in Nottingham.

EVELYN STEVENSON

AGE: 28

PROFESSION: **Powerlifter**

'A

n athlete's diet is centred on performance, so it's important to eat nutrient-dense foods that provide you with

everything you need. I like to eat a variety of protein sources and vegetables.

'My daily diet is a maintenance meal plan made up of 1,900 calories a day, but my diet varies. Depending on what time I train, I'll have a post-workout shake or some food, if I can. I think it's important to be a half-decent cook. I'm by no means a top chef but I know the basics. I try to keep on track with my diet and enjoy my food as well; this means I can prepare a chicken breast in more ways than just grilled.

'I like to keep the bulk of my carbohydrate intake to have around my training sessions. I tend to have more carbohydrates on the days I train harder and limit them on the days I don't train.

'I probably have four to five meals a day, depending on how early I've had to wake up. Starting the day with a protein-rich breakfast helps with my satiety. In each meal, I aim to have 30g protein, and then I cycle the carbohydrate to match my training. Greens and other vegetables are down to personal choice, but my favourites are asparagus and broccoli.'

TYPICAL DAY'S DIET

*7.30am: Breakfast

Two eggs and four egg whites, a slice of wholemeal toast, asparagus and half an avocado.

*11am: Snack 30g almonds, apple.

*1pm: Lunch

150g chicken, green vegetables and 100g sweet potato.

*3pm: Snack

Greek yoghurt with blueberries or ProOats Bio-Synergy.

*7pm: Dinner

150g oily fish, green vegetables.

*9pm: Snack

Bio-Synergy Whey blended with 15g peanut butter.



I TEND TO HAVE MORE CARBS ON THE DAYS I TRAIN HARDER

EAT RIGHT!

If you want to perform like an athlete, you need to eat like one. Emma Barraclough, senior sports nutritionist for Science in Sport (scienceinsport.com) explains what you should be munching.

BREAKFAST

Replenish glycogen stores after your overnight fast. Your blood sugar is maintained overnight by breaking down stored carbohydrate in your liver. Skip breakfast and you're forcing your body to rely on these stores. Aim to eat low-GI (glycaemic index) carbs, such as wholegrain bread, to stabilise energy levels.

Eat: Three scrambled eggs on two slices of wholegrain toast. This offers 40g carbs, 29g protein and 20g fat.

LUNCH

Keep your energy levels up throughout the day with some more low-GI carbohydrate at lunch. Include 20–25g of lean protein too, as this will support growth and maintenance of your muscle mass. Sweet potatoes have a good micronutrient content – they're a good source of beta-carotene, vitamin A, vitamin D, B6 and magnesium.

Eat: A large sweet potato with a tin of tuna. This gives 40g carbs, 29g protein and 2g fat.

DINNER

For dinner, eat a colourful range of veg to provide a range of vitamins and minerals. Add some protein and carbohydrate foods. Adjust the portion size to suit your activity level (you may require more carbs before activity and more protein after). Have natural yoghurt and mixed berries for dessert.

Eat: A salmon fillet, with brown rice and stir-fried veg gives 55g carbs, 39g protein and 10g fat. Berries and yoghurt add 18g carbs, 7g protein and 4g fat. ■

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FIND YOUR FLOW

Guess what – yoga isn't just for bendy types! An increasing number of pro athletes are using the ancient discipline to boost their performance – and so can you

WORDS: Sarah Ivory

Like any runner who thrives on sweat and adrenaline, yoga was one of those activities I thought I'd never do. I felt it was either too slow or, I'll admit it, too boring, to earn a place in my exercise schedule. And that was that – until it wasn't any more.

The thing that eventually pushed me towards a yoga class wasn't injury (which is often the case for runners) but a failed sit-and-reach test. I know what you're thinking – you can't fail a sit-and-reach test. But after years of marathon training and neglecting to do any stretching whatsoever, I could barely touch my shins. The gym instructor said I had 'the flexibility of a 70-year-old'. That's not really what a girl in her twenties wants to hear. So I signed up for a yoga class and, turns out, the veterans were more flexible than me. During the hour-long workout, two things crossed my mind: (1) I can't touch my toes – how embarrassing, and (2) when will I get sweaty? Yeah, I didn't. Yoga disappeared from my exercise schedule as quickly as it had arrived.

By the time I was ready to give it another go, three years later, the sports world had wised up to the benefits of yoga poses and gone ga-ga for the discipline. According to a wealth of research from the US National Center for Complementary and Alternative Medicine, yoga was proving to lower heart rate, increase oxygen intake, boost functional strength and improve flexibility, plus it had been shown to enhance athletes' focus. The data was convincing.

The second time, I had the patience to hold static poses and the discipline to focus on my breathing. I won't say I was


a fast learner, but I did sweat more and felt a burn in my muscles. During that period, my injuries whittled away and I clocked some of my best running times ever. Coincidence? I don't think so.

STRETCH & FLEX

Turns out I'm not the only sports fan to feel the benefits of yoga. Over the last decade, the number of athletes incorporating yoga into their training schedule has grown dramatically. Heptathlete Jessica Ennis claims yoga kept her fit during pregnancy, tennis player Laura Robson uses yoga relaxation techniques to get her into the zone before matches and Footballer Ryan Giggs credits yoga for the longevity of his career. The entire Harlequins rugby team – who I recently joined for a yoga session – also wind down with hot yoga after a match. 'This is the second or third season we've been doing the yoga classes,' Harlequins back-rower, Jack Clifford, explains. 'We do yoga quite a bit during pre-season on our off days and then after games it's one of our options, and some days we have compulsory yoga sessions.'

'Compulsory yoga' – now, that's a new-age part of competitive sport. So why is yoga suddenly important to sporty types? 'Yoga poses give the body the opportunity to move differently from the way it's used to moving, which creates





athletes have musculoskeletal imbalances, a limited range of motion in some body parts and an increased risk of injury. Yoga is the perfect antidote because it strengthens weak muscles, stretches out tight fascial tissue and balances the body.

'After a game, when my back is sore or I have a few injuries here and there, yoga is what I need to stretch out and feel a lot better,' says Clifford. 'The instructors don't make it easy for us, so we know we're getting a good stretch from it.' Here's how it works: in order to hold a yoga pose, muscles must work in a balanced way – some contract and strengthen; others stretch and lengthen. The downward dog pose is a good example, as muscles in the triceps, shoulders, lower back and front of the legs work as stabilisers (contract and strengthen) while those in the biceps, upper back and back of the legs work as mobilisers (stretch and lengthen). It's this stretching and strengthening of all major muscles that leads to stronger limbs and a balanced body.

DISCOVERING THE DISCIPLINE

A fear of being the least flexible in a yoga class has put many athletes off trying the activity. 'Yoga can be difficult to understand from the outside. There are so many different types and different aspects of it, some which may seem uninteresting to an athlete who loves to move and train and whose time is precious,' adds Kim. 'But it's important to know you can craft a yoga practice that is just right for you.' After all, a sports person's goal isn't to be super-bendy – it's to be balanced.

Finding a yoga instructor who can meet

your needs is key. Look for yoga classes for athletes, a teacher with an athletic background, workshops aimed at athletes or an instructor who simply understands your requirements. 'A few of us have injuries

and aren't so flexible, but the yoga instructors cater to that by working on our weakness or making the poses easier,' adds Clifford. The trick is to locate an instructor who knows how yoga can benefit your performance, work alongside your training regime and make poses scalable to your ability. 'A super-fit athlete may be surprised to find that some yoga poses are very physically challenging, as they require you to switch on different groups of muscles or to bear weight in a different

way,' explains Kim. 'Where you may have limited range of motion, yoga poses can start to create space, so that you can jump higher and move more freely. And where you may have pain and tension, yoga poses can bring release and healing.'

For this reason, many athletes, including Andy Murray and the Harlequins rugby team, have embraced hot yoga. Hotpod Yoga (hotpodyoga.com) – a pop-up hot yoga franchise across the UK – is particularly popular. The unique hot yoga 'pods' are inflatable and roomy enough for 20 exercisers, meaning that athletes and sports teams can do yoga in their normal training environment rather than travel to a specialist studio. It's done in a heated pod because that makes the muscles more pliable and helps stretching. Athletes are also guaranteed to get a sweat on! 'Traditional yoga isn't done in a warm environment and some of the players might find it quite tough, so they like hot yoga,' says the Harlequins head of strength and conditioning, John Dams. 'The environment suits them because they're able to hold those poses for a longer. We're dealing with some quite big guys who find it hard to get into certain positions and the warm environment allows them to do that.' Sounds good, doesn't it?

balance in the body,' explains Leah Kim, Nike Master Trainer in yoga. 'In an athlete's training, there are a lot of intense, repetitive movements that push the body to its limit. Yoga poses balance out some of that strain with impact-free stretches that lengthen muscle fibres and make them

less prone to injury.' So much so that one of the discipline's renowned benefits for sports people is its ability to counteract tissue tightness. Most sports build strength in specific areas and this can lead to an imbalance in muscular development. Repetitive movements, such as running or throwing, create tension in certain parts of the body – for example, runners might suffer from tight calves or hip flexors, while rugby players might experience tight shoulders or hamstrings. As a result, many

'YOGA BALANCES THE BODY'

TRY THESE POSES

DOWNWARD DOG



'This stretches the back of your legs, strengthens the front of your legs, works your core, massages your internal organs, opens your back, strengthens your arms and gives your brain a wash of blood (and oxygen).'

How to do it: Start in a high plank and push the ground to shift your weight backward. Your hips are up and back; legs extended and head hangs loosely. Your body is in an inverted V-shape.



'I TRIED IT!'

H&F FITNESS EDITOR, SARAH IVORY, JOINED HARLEQUINS FOR HOTPOD YOGA

'There I was doing vinyasa yoga next to the men's Harlequins rugby team in a 37°C pop-up inflatable yoga studio – a rather surreal experience, I have to say! And no, I wasn't the only person who couldn't forward fold. But I did find more movement in my poses than normal – the warm environment really does help. And, in those heavenly little pods, you feel miles away from the rest of the world, even if you're actually just in a sports hall!'

Find a Hotpod Yoga location near you at hotpodyoga.com.

REST & RESTORE

Physical benefits aren't the only performance-enhancing pluses that yoga has to offer sporty types. It can also help athletes stay calm under pressure, as well as relax and replenish their energy after a tough competition. 'Rugby players participate in a pretty intense game,' reveals Dams. 'They're switched on all the time and yoga provides a bit of an off switch – it has a calming effect. If you think about the nervous system, you have your accelerator and your brake. The accelerator is your stress response and the

brake is your rest and recover response. When the athletes play and train, it's all about accelerator on. When they recover, it's about resting and restoring – yoga helps with that.'

Breath work is key. Experts note that the majority of people don't inhale into the lower portion of their lungs where there are lots of blood capillaries to transport oxygen. Yoga teaches you to take deeper breaths. When you're focusing on a tough yoga pose, instinct tells you to hold your breath, but yoga teaches you to breathe through it. This technique is key in helping athletes to use their full lung capacity during bouts of tough running, rowing, cycling and other sports. Deep breathing patterns also activate the parasympathetic nervous system (that's the 'rest and digest' or 'brake' response). The sympathetic ('fight or flight' or 'accelerator' response) increases levels of the stress hormone, cortisol, and thwarts recovery. Learning to relax and switch off after intense activity will up your body's ability to recover and restore. 'The way athletes breathe during yoga essentially flips their parasympathetic drive,' adds Dams.

Research backs this, with an increasing amount of data reporting that yoga can boost an athlete's mental health. One such piece of data published in the journal *Frontiers in Psychiatry* shows that yoga can help people sleep better and for longer, which is great news for athletes who rely on sleep for muscle repair and regrowth. Give it a go by trying the moves below. ■

HOT KIT FOR ATHLETES

Don't head to the studio without these yoga must-haves!



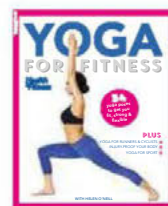
Get Sweaty Towel, £19; activeinstyle.co.uk

Every Second Counts All Together Suit, £88; everysecondcounts.co.uk

Drishti Yoga Tote, £42; lululemon.co.uk



Nike Pro Indy Bra, £26; nike.com/gb



Yoga for Fitness MagBook, £7.99; magbooks.com



Gaiam Cotton Yoga Strap, £8.99; gaiam.co.uk

Yoga poses are great for battling post-workout pain, winding down after a tough workout and balancing out your muscles. Try these firm favourites from yoga teacher, Nick Higgins, co-founder of Hotpod Yoga

PIGEON



'Works deep into your hips and stretches your hip flexors and bottom. A deeply relieving posture.'

How to do it: Start on all fours, then lift your left knee and place it a few inches behind your right wrist. Slide your right leg back, straightening it out. Place your left heel in front of your right hip. Inhale and lengthen your torso by extending the crown of your head to the ceiling, pressing your fingers into the floor and chin to your chest.

DANCER'S POSE



'This is a strong balancing posture. Not only are you strengthening your standing leg, plus ankles, thighs and groin, you're stretching and opening your shoulders and chest. It's also fantastic for focus.'

How to do it: Stand with your knees close together and transfer your weight onto your left foot. Bend your right leg and lift the foot behind you. Grab it with your right hand. Lift your elbows and hold.

LOW LUNGE TWIST



'This pose strengthens and stabilises your core. It also relieves knee pain and plantar fasciitis.'

How to do it: Start in a lunge and bring your palms together in a prayer position. Exhale and twist your torso to the right, bringing your left elbow to the outside of your right thigh. Press your upper arm against the thigh and bring your right shoulder back, straightening your left leg. Hold for a few seconds, then swap sides and repeat.

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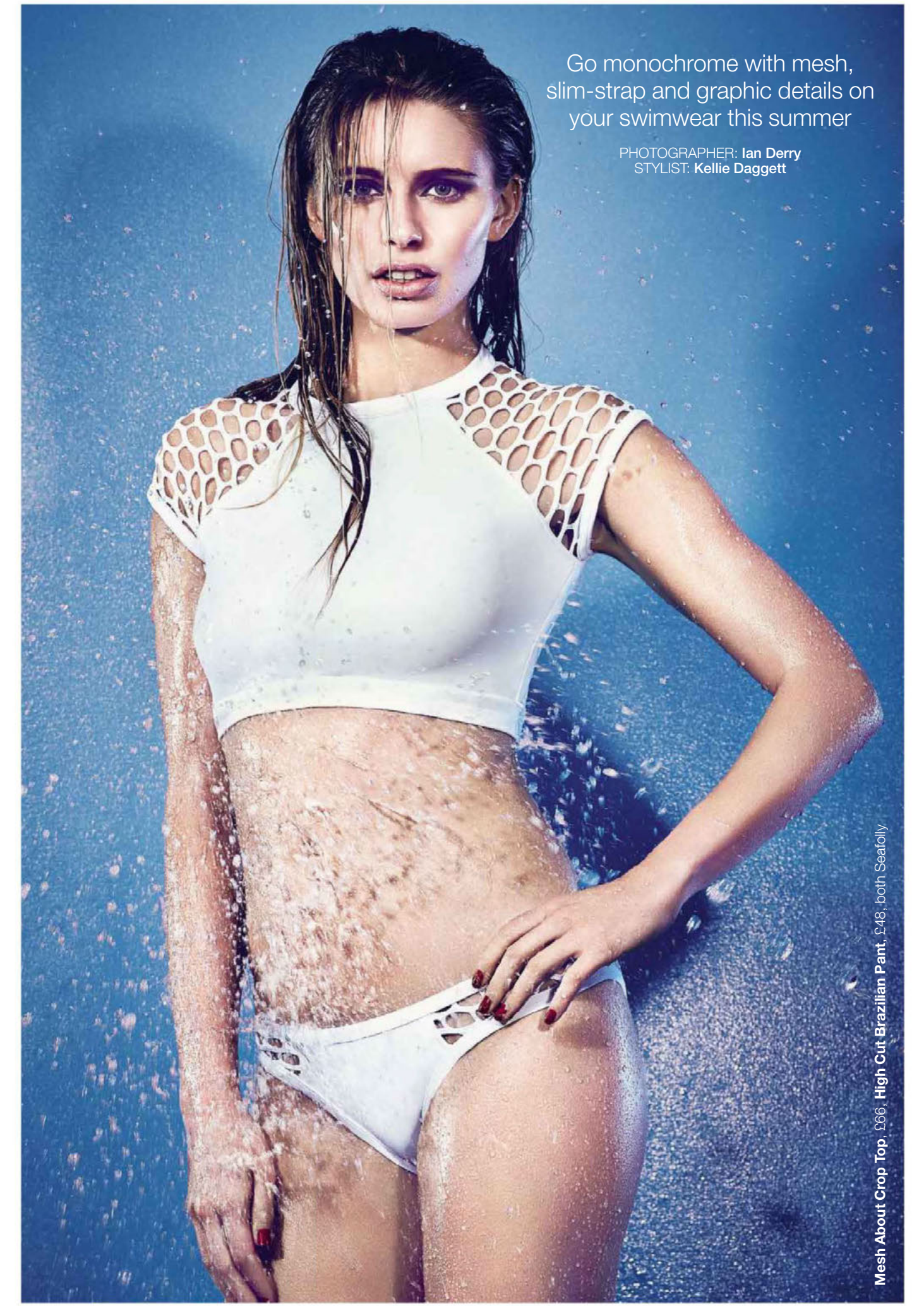
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We Love...

Aqua Sphere's SS15 collection, prices start from £19.99; aquasphereswim.com/uk

The lure of lidos, wild swimming and basking in the warmer weather is enough to get us researching new swimwear. While, traditionally, many swimwear brands have lacked the style of their fashion counterparts, Aqua Sphere's new collection merges function and fashion. With soft, breathable, chlorine-resistant and high-stretch fabrics in bold colours and cool designs, you now get the best of both worlds. Its Aqua Light range also retains less water and dries six times faster than traditional fabrics. Time to make a splash!



Go monochrome with mesh, slim-strap and graphic details on your swimwear this summer

PHOTOGRAPHER: Ian Derry
STYLIST: Kellie Daggett

Mesh About Crop Top, £66, **High Cut Brazilian Pant**, £48, both Seafolly

A full-page photograph of a woman with long, wet brown hair, wearing a black high-neck swimsuit. She is looking over her shoulder at the camera. Water is splashing all over her body, creating a dynamic and refreshing scene. The background is a deep blue, suggesting water.

WET & WILD

Casablanca High Neck Swimsuit, £96, Baku at Simply Beach



Block Party Slide Triangle Bikini Top, £44.95, **Brazilian Bikini Pant**, £38.50, both Seafolly



Honolua Zip Front One-Piece, £220, Melissa Odabash



Strap Swimsuit Marble, £60, Björn Borg



Rio Bikini Top, £149, Lucas Hugh

STOCKISTS: **Bjorn Borg** bjornborg.com **Lucas Hugh** lucashugh.com **Melissa Odabash** odabash.com **Seafolly** seafolly.com
Simply Beach simplybeach.com **HAIR & MAKE-UP:** **Jo Clayton** @joclayton.com using Paul Mitchell hair products & Mac make-up

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WORDS: Becky Fletcher PHOTOGRAPHY: Lija (lijastyle.com)



Get THE LOOK

Ace it in the tennis style stakes with the pick of this season's best tennis gear

TOP KICKS

Adidas by Stella McCartney Barricade Team 4 Shoes, £70; adidas.co.uk

SUN BLOCK

Lorna Jane Visor, £20; activeinstyle.co.uk

PERFECT BLEND Training Skapri, £78; lijastyle.com



COVER UP Club Knit Jacket, £59; asics.co.uk



WE LOVE
As well as a light frame, the Prince Premier 105 ESP tennis racquet provides 30 per cent more spin.



GAME, SET, MATCH

Prince Premier 105 ESP Racquet, £179.99; sweatband.com

TIP TOP

Tennis Top, £14.99; hm.com



PRO PACK

Court Tech 1 Tennis Backpack, £95; store.nike.com



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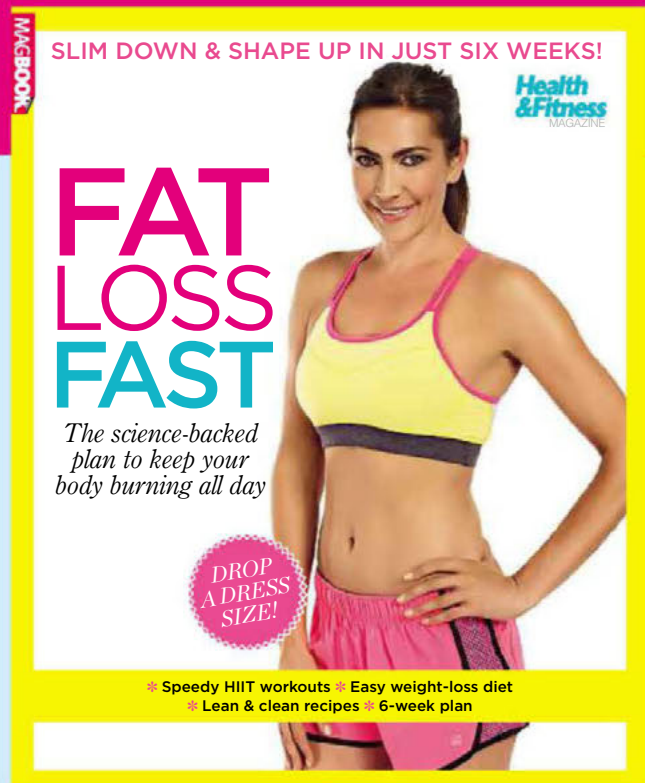
HEALTHY RECIPES * SPA AND WELLBEING * TRAVEL



Funny friendships

They say first impressions count and, if the latest research from University College London is anything to go by, this first impression should involve laughter. The study discovered that if you want someone to open up to you and intensify your social bond, making him or her giggle is a good start. Researchers suggested that people's willingness to open up is all down to the release of happy hormones. Time to dust off that joke book?

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YOGA FOR FITNESS

54 poses to get you fit, strong & flexible

Think yoga's just for relaxation? Think again! It's also used by athletes and exercisers to help boost performance.

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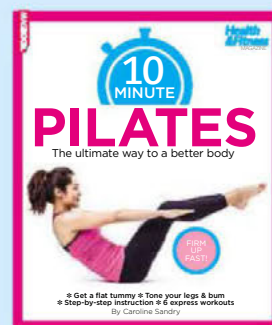
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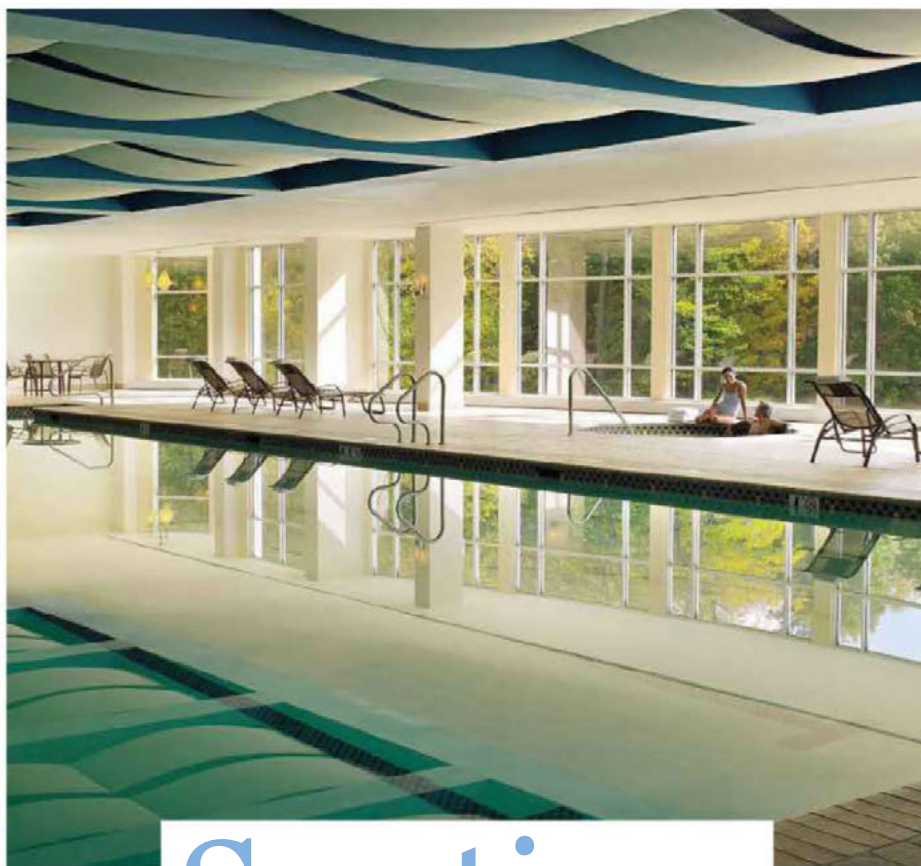
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Spa time

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Classic spa

SPA OF THE MONTH Canyon Ranch, Lenox, USA

Since 1979, Canyon Ranch has set the gold standard for fitness and wellbeing spas. Its award-winning Lenox Resort is set in the heart of the wooded Berkshire county in western Massachusetts – a magnet for nature lovers – and offers a host of wellbeing and outdoor activities.

THE ROOMS

The resort centres around the century-old Bellefontaine mansion. Set upon manicured lawns, it creates a luxurious tone of casual elegance. The gym, spa and guest houses, dotted among the grounds, are more contemporary in design with many state-of-the-art facilities.

THE EXPERIENCE

Your visit can be customised to your goals and preferences. Whether it's help with medical, spiritual, stress-related, bereavement, weight loss, or insomnia issues you need, you can find a package. The spa's exercise physiologists can do everything from creating a tailored exercise routine for you to follow at home, to helping

with your golf swing. You can stay busy morning to night with the 40 daily fitness and mind-body classes and outdoor sports – from tennis to stand-up paddle boarding and canoeing on the Berkshire lakes. I loved the lectures from specialist speakers on subjects such as longevity, posture and nutrition, which can be followed through with personal consultations.

THE TREATMENTS

The Spa offers a dazzling menu of treatments from classical Swedish and deep-tissue massage and the full range of beauty therapies to ayurvedic and Thai Massage, shiatsu and restorative touch therapies. I chose the Shirodhara treatment. An oil tailored to my dosha (body type) was chosen and I had an exfoliating mask of salts, herbs and oils, followed by a rhythmic flowing body massage with the oil. The therapist then poured a gentle stream of warm oil backwards and forwards rhythmically over my forehead, then lightly massaged it into my hair and scalp. It was so relaxing that I fell asleep!

PRICES

From £1,542 for two nights' full board, based on two people sharing; canyonranch.com.

'There's a main restaurant, Café Jardin on the outdoor terrace, plus another cafe. Breakfast is a highlight.'

'IT WORKED FOR ME'

H&F Chief sub Emma Lewis gets to the root of unsightly leg veins

What? Foam sclerotherapy

Where? The Whiteley Clinic, 1 Chapel Place, London W1C 1HF (thewhiteleyclinic.co.uk); branches throughout England

Cost £846 plus consultation fees

'I went to this leading private clinic for a consultation with a consultant vascular surgeon as I have very pale skin and had spider veins and some highly visible larger veins on my legs. After clinical staff checked the blood flow in my legs using a machine and did an ultrasound scan to see if there were any veins that could turn into varicose veins, I was told I was a low one out of five on a scale of risk from zero to five. Having sclerotherapy (a treatment where a foam containing oxygen and carbon dioxide is injected into troublesome veins) would get rid of the unsightly bigger veins, which should, in turn, decrease my risk of varicose veins. It's now five weeks since the sclerotherapy and the large veins (which feed the spider veins) have gone. I'm happier bearing my legs already and am hoping the spider veins will fade over time.'



TRY THIS...

Looking for a new scent? Try **Lurk** (£42 for 3.5ml; thisisbeautymart.co.uk). This perfume oil

contains no nasty chemicals, alcohol, water or fixatives. Creative perfumer Anne Sandford has created these hand-mixed oils, which are poured into a base of organic jojoba oil. Fresh, summery PRJVI blends Colombian rose with jasmine and petitgrain.



GET FIT LIKE A *cavewoman!*



On a mission to shape up for summer, Rachel Spencer signs up for a bootcamp with a nutritional difference



Boxing was probably a really important survival skill for cavewomen!

The grunts and groans from my fellow 'inmates' during this training session would make a labour ward sound like a library! Determined to shed a few pounds, I've signed up for a weekend retreat at Team Bootcamp – the UK's only Paleo camp. 'Campers' follow a caveman diet – rich in protein, fruit, vegetables, nuts and seeds – teamed with an intense programme of exercise.

Run by former Royal Marine Craig Williams and his wife Paula, the residential bootcamp is based at Heydour House, a stunning 10-bedroom Grade II-listed former rectory in

Grantham, Lincolnshire. It's a peaceful

setting, surrounded by green fields and far removed from everyday temptations.

For my first training session, I'm paired up with Katrina, a bride-to-be who, like me, is hoping to lose a few pounds over the weekend ('campers' can expect to lose between eight and 11lbs in a week). Along with 12 other campers – mainly women aged from their late-20s to late-50s – we're put through an hour-long session of squats, power jumps, jump lunges, step-ups and burpees. When the hour is up, I doubt if I can last another three minutes, never mind three days.

But while Craig and our trainer Dave – a strapping 6ft 6" former Marine – push you to your maximum, they coax rather than holler, and tough training days are alternated with active recovery days. A typical intense day includes a session on

the assault course, boxing, circuit training, a team event, such as bucket ball (like netball but you put the ball in a bucket) and advanced stretching. An active recovery day includes a long hike in the morning, then an afternoon break, followed by yoga or Pilates and a nutrition workshop. As I'm here for just the weekend, I'll do two intense days and one active recovery day.

SUPER SUSTENANCE

Our first session is rewarded by a breakfast of Paleo granola (made from roasted nuts, seeds, coconut, raisins, honey and coconut oil) and coconut milk – really tasty. Then we have a quick rest before our next challenge – relay races round the custom-built assault course, followed by another boxing session with Dave.

Lunch is salad with tasty marinated chicken, peppers, onions, pomegranate seeds, sunflower seeds, avocado and butternut squash. I wolf it down, but over the course of the weekend, learn that eating slowly is the key to feeling satisfied with these small bootcamp portions!

As well as making sure campers train hard, Craig and Paula offer nutrition information, so we can keep the weight off in the long term. Craig served 14 years in the Marines, then lost three stone himself. 'They used to call me Pie Shop and Butch Dingle because I was tubby, ginger and loved the chippy,' he says. 'I was massively overweight and out of shape, and even though I was, supposedly, in the top 0.1 per cent of fit men in the country I was a mess. Then I decided to study exercise and nutrition; that's when I realised I needed to eat clean to get in shape and I've not looked back.'

After lunch, we set off on a six-mile walk armed with a map and a memory test challenge, which, we're promised, will be rewarded with a treat. Our route takes us through the countryside and a village churchyard where we have our treat: Paleo chocolate brownies.

After this morning's intense circuit-training sessions, what would have been a fairly challenging walk feels like a nice rest and a great opportunity to chat with fellow campers. One woman tells me she wants to lose weight so she can start IVF treatment, while another has been here for six weeks on a long-term programme, having been diagnosed as morbidly obese.

We arrive back tired but relaxed and ready for dinner – held around a huge square table so everyone can chat about the day. Tonight's dinner is sweet potato and meatballs with tomato sauce. It's smaller than a portion I'd have at home,

but one of the things bootcamp teaches you is, generally, the portions we eat are too large. I savour each mouthful and feel satisfied afterwards. By 9pm, I'm ready to curl up in bed – an hour before official 'lights out'.

The next day, I wake up aching all over, but I'm determined to keep going. Breakfast of bacon, poached egg and avocado feels like a treat and sets me up for the day. It's just as brutal, starting with laps of the nearby lake, then Kettlebell exercises, another beating on the assault course, circuits with Dave and a six-mile walk.

IT'S TIME TO STICK TOGETHER

Emotions run high during camp. I'm one of the fitter people on the retreat, but I still feel weary and tearful at times. Paula is on hand to give emotional support to campers; she has been through the tough training so can empathise. 'I started by working as a therapist at another bootcamp and was four stone heavier than I am now, so I tried the sessions myself,' she says. 'I was a total nightmare and all I did was cry all the time. I know how hard it is for everyone who comes here, particularly those with no fitness.' We soon learn to support each other physically and emotionally, and discover it's all about sticking together as part of a team.

In the evening, Craig gives us a talk on nutrition, using his own story to stress how eating fast and processed food can lead to weight gain. His hope is that seeing how much exercise we can do while eating this well will make us want to continue with the



Roast turkey with sweet potatoes and veg on Sunday is a comforting treat

right food choices when we're back at home.

Sunday brings active recovery, a 10-mile walk in the morning, followed by stretching and Pilates. Sunday dinner is roast turkey with veg and mashed sweet potato, with coconut fruitcake for dessert. It feels like a treat; the potatoes and Yorkshire pudding may be missing, but it's lovely to have something that tastes like comfort food.

After three days at camp, I'm thrilled to find I've lost 4lbs and, despite the training, I feel rested – probably due to the early nights – more energised, and most importantly, more inclined to get my trainers on a few times a week. ■

FACT FILE

A weekend at Team Bootcamp starts at £249 and includes food and accommodation. See team-bootcamp.com.



Rachel gets to grips with circuit training



Dress this last-minute, on the plate, because the oil needs to go on last to keep it looking fresh.

SUMMER *sensation*

Create a stir with experimental flavour combinations and amazing-looking dishes – and be inspired to try your own inventions

It's not often you get the chance to meet the chef and author of an inspirational new cook book, let alone taste his food in your own home, but that's exactly what happened to *H&F* recently. On discovering there were no free tables at Chris Honor's Muswell Hill restaurant, ChrisKitch, imagine our surprise when the Australian chef said: 'Don't worry, I'll come and cook something at your house, instead.'

He arrived laden with food and with his wife Bibi and we spent the evening chilling over an incredible feast from Honor's inspiring new recipe book *ChrisKitch: Big Flavours from a Small Kitchen* (Mitchell Beazley, £25), while the talented, charismatic chef told us his story...

'The best way to sum up my food is to say I cook what makes me happy,' Honor explains. 'For me, real food isn't about having a Michelin star or a plate that goes through 22 hands that pinch and primp it until it looks like a super model on a plate but has no taste.'

Instead, Honor's cooking has a raw, spontaneous quality. 'I love to combine the shavings from a liquorice stick with rocket,' he says. 'One day, I was making a rocket and pear salad and the children were eating liquorice sticks and I thought "Hell, why not try it?" So I did, and it was sensational!' With other combinations

including liquorice and seaweed or chamomile and potatoes, Honor firmly believes in following your instinct. 'I believe everyone who loves to cook has a chef's intuition,' he says. 'I want to give my readers permission to experiment and trust their own choices.'

The recipes for ChrisKitch evolved out of a necessity to cook flavourful food out of a limited kitchen as it was just him doing the cooking to begin with. He says this means that anyone can try the recipes. 'Nothing that I prepare is technically complicated. I do not necessarily think in terms of recipes; I think in terms of combinations. Mix up the favours and textures and at the same time, make it appeal to the eye,' he says. 'I love to juxtapose unexpected flavours. It's all well and good to keep things equally balanced, but I like to throw in a few surprises. And that's all there is to it.'

While you're finding out what you love the most, there's an abundance of inspiration in the book to help guide you on your journey of discovery. 'I wrote the book because I want to give back some of the joy I feel when I cook,' says Honor. Try his Carrot, ginger and coconut soup, Harissa cauliflower with buckwheat and pistachio, or the Parsnip and apple cake with pecans and maple syrup. Mmm, we're off to the kitchen!

WORDS: Judy Bastya

Quick tip

'My inspiration for what I cook comes from what I find. I particularly like the underdog. Misshapen veg and bruised fruit cost a bit less and are still legitimate ingredients.'

BEETROOT ORANGE FETA TARRAGON CHILLI

Serves: 4

Per serving: 233 calories, 9g protein, 22g carbohydrate (21g sugar), 12g fat (5g saturated fat), 5.5g fibre, 1.6g salt

2 oranges

600g cooked beetroot, peeled and quartered

125g feta cheese, crumbled

1 small bunch of fresh tarragon, leaves stripped and roughly torn

½ a red chilli, deseeded and thinly sliced

Balsamic or malt vinegar, for drizzling

Extra virgin olive oil, for drizzling

Salt and freshly ground black pepper

1 Finely zest the oranges, set aside the zest, then slice off the pith. Cut the oranges in half, then into thin half-moon slices.

2 Build up the salad on the serving plate by starting with the beetroot, about one third of it, dispersed around the plate.

3 Do the same with one third of the oranges, then throw some feta, tarragon and chilli around. Repeat, alternating and building up, until all the ingredients are used up. Sprinkle the orange zest on top.

4 Just before serving, drizzle over some vinegar and oil, then season and serve.



Use a mandoline slicer to get paper-thin slices of fennel. It enhances the taste as well as the look.

BLOOD ORANGE, FENNEL, DILL, FETA AND ALMOND SALAD

Serves: 4

Per serving: 248 calories, 7g protein, 8g carbohydrate (7g sugar), 20g fat (4g saturated fat), 3g fibre, 0.6g salt

2 blood oranges

1 large fennel bulb, with fronds, thinly sliced with a mandoline

40g fresh dill, roughly chopped

1 tbsp nigella seeds or whole dill seeds

60g feta cheese, crumbled

60g whole almonds, roasted

A good handful of mustard cress

A pinch of freshly ground star anise (see Note below)

Salt and coarsely ground black pepper to taste

Extra virgin olive oil, for drizzling

1 Trim away the top and bottom of the orange. Slice off the skin, including the white pith, and discard. Gently separate the orange segments from the membrane.

2 Combine all the ingredients except the oil in a big bowl. Mix with your hands, massaging gently, then mound on a platter. Drizzle with extra virgin olive oil and serve at room temperature.

Note

To make star anise powder, place a small handful of whole star anise in a spice grinder and pulverise until it becomes a smooth powder. Keep it in a sealed container in a dark place.



The kale is raw in this dish. It's quite powerful and not as tender as when cooked, so slice it really thinly.

PEA SHOOTS KALE SAMPHIRE GOJI BERRY LIQUORICE

Serves: 4

Per serving: 260 calories, 5g protein, 17g carbohydrates (14g sugar), 19g fat (2.5g saturated fat), 3g fibre, 0.1g salt

50g pea shoots

70g kale

A handful of rocket leaves

20g samphire

3 tbsp goji berries, soaked in water for 10 minutes, then drained

½ a red onion, thinly sliced

Salt and freshly ground black pepper

50g black liquorice twists, coarsely chopped

3-4 tbsp extra virgin olive oil

60g walnuts, coarsely chopped

A little orange zest

I In a large mixing bowl, combine all the ingredients and toss with your hands. Taste and adjust the seasoning, then mound on a platter or individual plates and serve.

CHRIS HONOR'S TASTE TIPS

◉ 'Combine sour, sweet, salt and spicy. Even if you can't smell them, your palate can still taste all of these flavours.'

◉ 'Use zest – I use lemon and orange almost in the same way we use salt and pepper for seasoning. These citrus fruits have a beautiful, subtle fragrance.'

◉ 'Check out the options for different types of fruit molasses – they're all wonderful as part of a dressing for salad. They're not just sweet, but pack a flavour punch as well.'

◉ 'Texture – at ChrisKitch we consider the texture of our ingredients when building a recipe and make sure that it's sensual.'

◉ 'You need to follow your favourite flavours and textures – no one else knows what your palate likes as well as you do.'



Recipes taken from *ChrisKitch: Big Flavours from a Small Kitchen* (Mitchell Beazley, £25).

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WORKOUT HANDBOOK

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'I beat ovarian cancer.'





UPPER CLASS

This kettlebell workout will help tone your arms, shoulders and upper back

TIP ONE

Start out with a lighter weight until you can comfortably perform this advanced exercise.

TIP TWO

Hold the kettlebell with an overhand grip (palm facing you).

TIP THREE

Keep the kettlebell close to your body throughout the whole move.



Do the exercises with 20 seconds' rest in between each one. Repeat the circuit three times.



CLEAN PULL

Reps: 10 on each arm

Benefits: Increases your heart rate, boosts metabolism, builds strength and power, and burns fat.

- Stand with your feet slightly wider than shoulder-width apart with the kettlebell on the floor between your legs.
- Keeping your back straight, squat down and grab the kettlebell with one hand in an overhand grip (A).
- From the squat position, extend your legs and pull your elbow up high, bringing the kettlebell up towards the side of your face (B).
- Slowly lower the kettlebell to the starting position and repeat.



ALTERNATING SWING

Reps: 10

Benefits: Builds strength and coordination and works entire body.

- Hold a kettlebell in your right hand with your feet hip-width apart.
- Squat down and swing the weight down and back between your knees, keeping your torso upright and abs engaged (A).
- Thrust your hips up as you swing the kettlebell to shoulder level (B).
- Squat down and swing the weight down and back between your knees again, keeping your torso upright and abs engaged, then grab it with your left hand and continue the swinging motion. Alternate hands with every rep.



FRONT RAISE

Reps: 10

Benefits: Strengthens your shoulder and elbow joints and tones the entire arm region.

- Hold your kettlebell in front of your thighs with your feet shoulder-width apart (A).
- Engage your core, then, using your shoulders and arms, lift the kettlebell up and away from your body until your arms are parallel with the floor (B).
- Pause for a second, then lower your arms slowly back to the start so they're back in contact with your thighs.

WINDMILL

Reps: 5 on each side

Benefits: Great for shoulder and wrist stability, plus it works your core, upper back and arms.

- Stand with your legs wide and a kettlebell in your left hand.
- Lift the kettlebell above your head, in line with your shoulder (A). Place your right hand on your thigh and roll it down your leg, tipping at the waist (B).
- Keeping your kettlebell above your shoulder, return to the standing position using your core, driving all the force into your left heel and exploding up with good form. Keep your core engaged and look at the kettlebell.



SHORT CUTS

Sculpt your lower body for the summer with this butt and legs workout plan

You can't hide those legs forever! Summer is the season of oh-so-short shorts, and what better way to prepare your pins than with a lower-body toning workout? 'A varied workout routine that includes high-intensity training for fat loss, sculpting exercises for definition and stretching to lengthen the muscle fibres is the secret to lean legs,' says Pamela Lai, urban fitness director at Slice Studios (slicestudios.co.uk), who designed this plan.

'Aim to train your lower half at least two or three times a week for shorts-ready limbs,' says Lai. 'On rest days, do yoga to stretch and lengthen the muscles - this will help you achieve the long and lean legs you've always wanted!' Keep your mind and body guessing by changing your routine each week - try doing something fun, such as hiking with friends or attending a new class. And if you still don't feel motivated to work out, just think about how much fun you'll have shopping for shorts and dresses when summer arrives!



**YOUR TRAINER**

Pamela Lai, urban fitness director at London's Slice Studios (slice studios.co.uk)

THE PLAN

Do each workout at least once a week. Try to do 10-15 repetitions of each exercise, then repeat the circuit two to three times. Begin with a five- to seven-minute warm-up and end with 10 minutes of cooling down to lengthen your muscles.

That's it. Ready to get started?

YOU'LL NEED

Dumbbells, a platform (bench or step), a resistance band



#1 WORKOUT: TONE & TIGHTEN

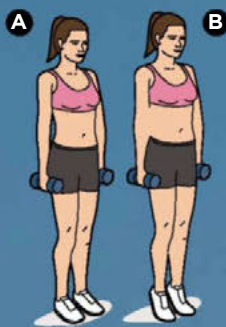
Do 10 to 15 reps of
each exercise



SQUAT

Dumbbell squats will shape your quads, hamstrings and glutes.

Stand with your feet a little wider than shoulder-width apart. Your hips are over your knees and knees over your ankles. Bring your shoulders back and down away from your ears (A). Squat down by bending your knees and sticking your butt out – imagine you're sitting on a really low chair (B). Keeping your chest lifted and core engaged, push your weight through your heels and straighten back up.



CALF RAISE

Get shapely calves with this nifty move.

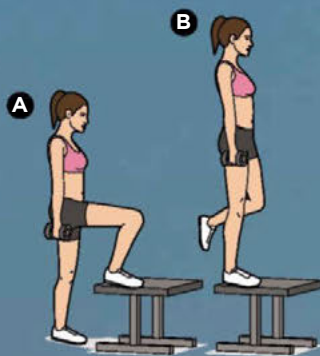
Stand with your feet slightly apart, core engaged and shoulders away from your ears. Hold a dumbbell in each hand; arms either side of your body (A). Lift both heels off the ground and bring your body weight onto the balls of your feet (B). Pause for a few seconds before lowering your feet back down.



CURTSY LUNGE

This lunge variation will work your inner and outer thighs.

Stand with your feet hip-width apart, relax your shoulders and engage your core. Take a step to cross your left leg behind your right leg. Bend your knees and lower your hips until your right thigh is nearly parallel to the floor (A). Return to the starting position and repeat with your right leg (B).

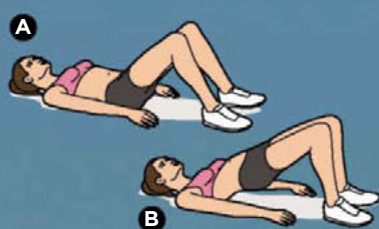


SINGLE-LEG STEP UP

A great move for sculpting your entire leg.

Grab a raised platform, such as a bench, and some dumbbells. Stand facing the platform with your back straight and core engaged. Step your right foot onto the platform (A). Push the sole of your right foot down and squeeze your bottom muscles as you bring your left foot up into the air (B). Step back down and repeat on the other side.





HIP BRIDGE

The hip bridge will help to tone and lift your butt.

Lie on your back with your knees bent and feet flat on the floor (A). Raise your hips and bottom off the floor until your body is in line from knees to shoulders. Hold the position, squeezing your bottom muscles for a few seconds (B). Release and slowly lower down to the start. You can make this exercise more challenging by adding some resistance, such as a band around your lower thighs.

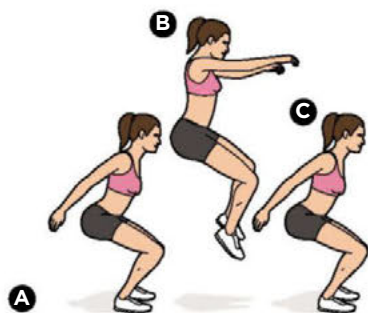




#2

WORKOUT: LIFT & LENGTHEN

Do 10 to 15 reps of each move



SQUAT JUMP

A high-intensity move for leaner legs.

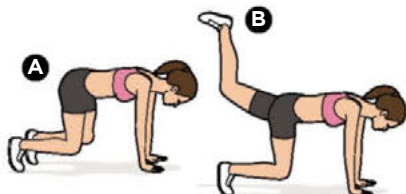
Start standing with soft knees. Your knees are in line with your hips and shoulders. Squat down, pushing your hips back and the weight onto your heels (A). Immediately jump up (B) and land in the squat position (C). Jump straight back up and continue for 10-15 reps.



INNER-THIGH LEG LIFT

Targets and tones your inner thighs.

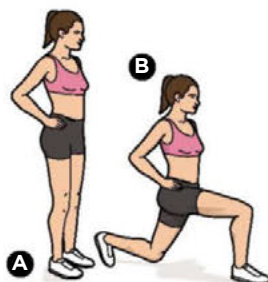
Lie on your left side with your hips stacked and legs extended. Bend your right knee to a right angle and place your foot in front of you, supporting your body with your left upper arm (A). Flex your left foot and lift your leg as high into the air as you can (B). Pause and return to the start. Perform 10-15 reps on each side.



KNEELING HIP EXTENSION

Works all of your glute muscles.

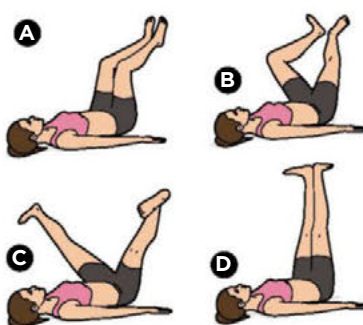
Start on all fours with your knees under your hips and your hands under your shoulders (A). Bend your left knee to lift it up behind you (B). Squeeze your glutes to raise the leg as high as possible. Pause, then bring your leg back to the start. Repeat with your right leg. That's one rep.



WALKING LUNGE

A great move for toned quads and hamstrings.

Stand with your feet together and hands on your hips (A). Step forwards with your right leg until you're in a lunge position, with your front leg bent at a 90° angle and back knee nearly touching the ground (B). Explode back up until your back leg joins the front, and step forwards with your left leg. That's one rep.



DIAMOND LEGS

Define your thighs with this move.

Lie face-up with your arms by your sides. Raise your legs above your hips and bend your knees (A). Place the soles of your feet together to bend your legs into a diamond shape (B). Then extend your legs straight out to the sides in a 'V' shape (C). Next, squeeze your inner thighs to bring your legs back together (D). Return to the diamond shape and repeat. ■

SUMMER SHORTS

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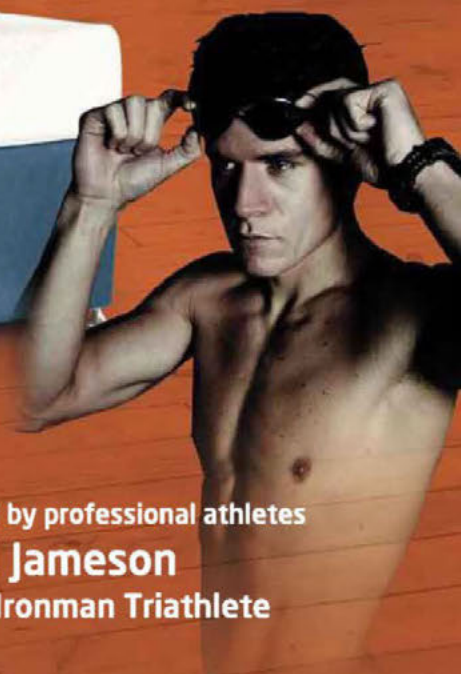
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RULE THE COURT

Inspired by Wimbledon? Get in shape for tennis with these cross-training tips from the top

Tennis fever is in the air! Great news, as tennis is a fantastic game to play if you want to get fit this summer. Smashing a ball

around the court revs up your heart rate, tests your motor skills, improves your balance and strengthens your shoulders, legs and core. And if that's not enough, data shows that a 30-minute game of singles tennis burns around 220 calories! That's a good enough reason to hit the court. But if you want to up your game this summer, there are moves you should be doing off the court to sharpen your performance. That's the message from some of the world's greatest players and coaches in Mark Hodgkinson's book, *Game, Set and Match: Secret Weapons of the World's Top Tennis Players* (Bloomsbury, £12.99). Here's how to take your technique to the next level.

'BUILD YOUR LEGS'

– Gil Reyes, Andre Agassi's fitness trainer

To be a whizz on the court, you need strong legs. Start slowly. 'It could just be a light jog around the block. The weekend warrior's lament is starting too fast. It's much better to think that you didn't do enough, as you can easily correct that. Unfortunately, if you do too much at the beginning, you might end up with a problem that can set you back weeks or even months.' And as you get fitter, hit the gym to gain strength. 'After starting

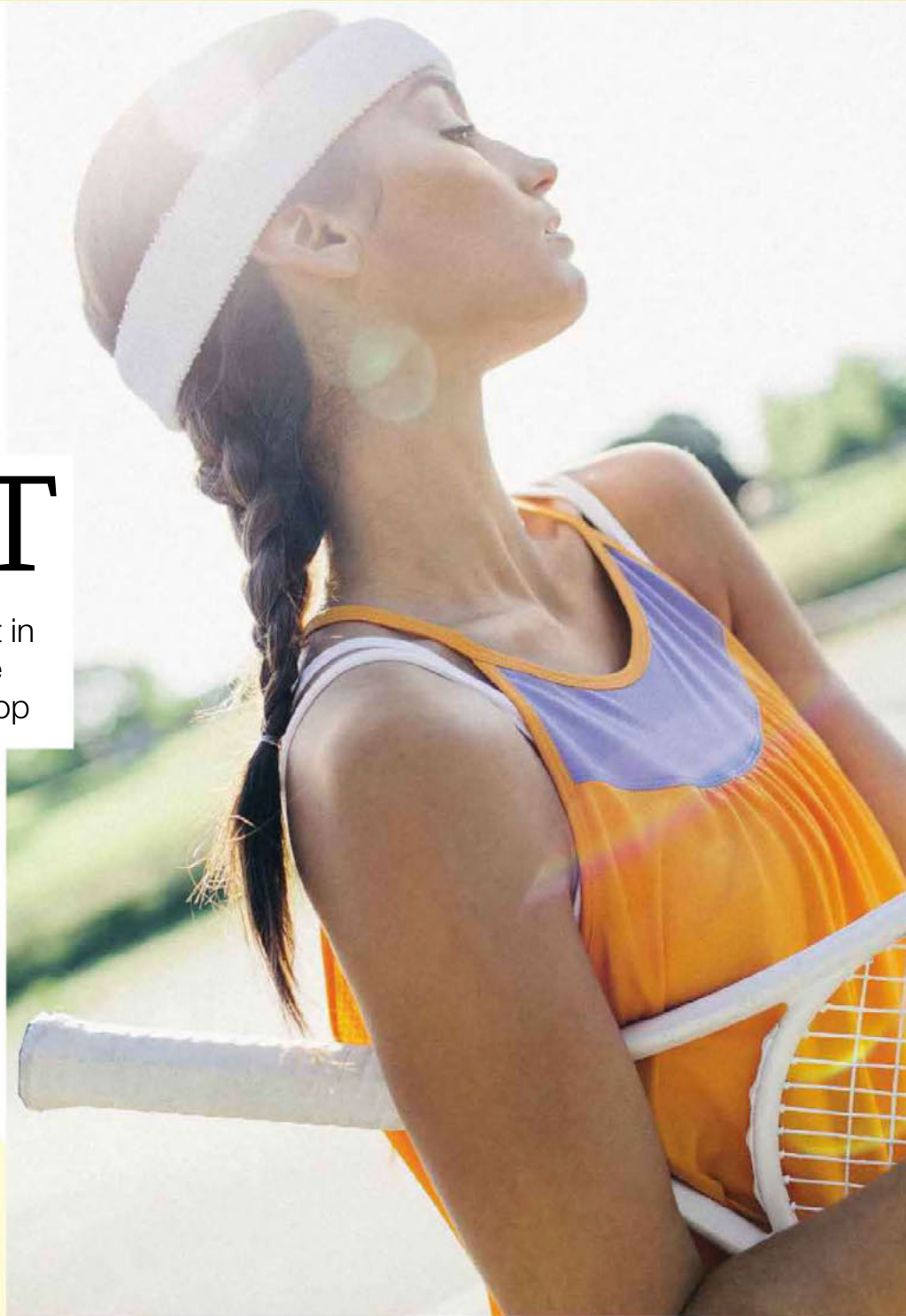
slowly, you then want to strengthen your legs. But you must do that safely. I happen to be one of those who loves squats.'

'PLAY OTHER SPORTS'

– Martina Navratilova, winner of 18 Grand Slam singles titles

Other sports, such as football, running or basketball, will help prepare you for tennis. 'They will give a different perspective of what you're doing on the court, as well as using your body a little differently. If you just play tennis, you could end up with more physical issues.'

Players now spend too much time in the gym when they should be doing more



TENNIS TUESDAYS!

Want to get back into tennis?

The Lawn Tennis Association, in partnership with Nike, has launched a new initiative: Tennis Tuesdays. The programme offers women-only tennis events at parks and clubs across the country. Expect tennis drills and pointers in a laid-back environment.

Racquets and balls are provided – just book online and turn up in your gym gear! Visit tennistuesdays.co.uk.



physical work on the court, she says. 'Do drills on the court that are very physical because then, at the same time as getting in shape, you're also learning how to play.'

'RUN IN THE SAND'

– Heather Watson, former junior US Open champion

'This sport is just 10 per cent talent – the rest is hard work – and you will have to apply yourself to improve your movement. I do lots of running drills – side to side and back and forth – and, while I've never felt sick, I have sometimes felt as though I'm about to cry my eyes out. I'm working so hard, both mentally and physically, I'm trying to push through.'

Run on the beach. 'Running in the sand is very good for your legs. It's especially tough when you do it at 7am and you know you've got a full day of weights and tennis ahead of you. But you need to train hard.'

'DO YOGA CLASSES'

– Gaël Monfils, ranked in the world's top 15

Stretch every day. 'I'm naturally flexible, but stretching every day before and after practice sessions and matches is a must. Flexibility helps you prevent injuries and boosts your defensive skills. Being flexible allows me to catch balls that most players wouldn't normally be able to reach. Don't start working on your flexibility without being properly warmed up, though, as that's the best way to get injured.' And try different ways to boost your bendiness, he says. 'Go to some yoga and hip-hop classes to work on different parts of your body, plus help you in match situations.'

ON COURT

Boost your reaction time and agility skills with these training games from Martin Weston, national coach for British Tennis

REACTION BALL

Buy a Reaction Ball (£5.99; fitness-mad.com), a ball that bounces in different directions. Warm-up with a partner by hitting the reaction ball over the net. The ball must bounce once and the court boundary is the service box.

TENNIS FOOTBALL

This is Andy Murray's favourite game. Grab a tennis ball and hit the ball over the net using your hands or feet only.

One bounce allowed. Try it in a doubles format.

MEDICINE BALL TENNIS

Grab a 2-5kg medicine ball and, standing in the service box, toss it over the net. The ball bounces once, your partner then catches it and throws it back. Alternate between forehand and backhand throws.

READER OFFER

To receive a 20 per cent discount on *Game, Set and Match: Secret Weapons of the World's Top Tennis Players*, visit bloomsbury.com/uk or call 01256 302699 and quote 'GLR DZ7' when you place your order. Offer ends July 3, 2015. ■

TENNIS TRAINING OFF THE COURT

Strengthen up for a match with these exercises from Arran Peck, strength & conditioning coach at the Lawn Tennis Association (LTA)



Skipping

Challenges coordination; increases blood flow to the muscles
Stand with your body in front of the rope and a handle in each hand. Swing the rope

forward over your head. As the rope moves towards your feet, jump over it with both feet together. Continue skipping for one to two minutes. Once you get the hang of this, try alternate-foot skipping, where you land on one foot at a time.



Walking lunges with medicine-ball rotation

Develops stability at the ankle, knee & hip
Stand holding a medicine ball in front of your hips with both hands. Take a large

step forwards into a lunge position and raise the medicine ball in front of you to shoulder height. Twist your torso to shift the ball to the left. Return to face forward and step back to the start position. Repeat on the other side. Do 15-20 steps.



Squat jumps

Develops explosive strength in your lower body
Stand with your feet hip-width apart and your abdominal muscles engaged. Drop down into a

squat by lowering your hips and pushing your weight through your heels. Jump up into the air as high as you can. Immediately, land back in the squat position and prepare to repeat the move. Do 15-20 repetitions.



JEAN-CLAUDE'S FITNESS FIX

Spot-on SHOULDERS

Here's how to strengthen the area and avoid injury

Your shoulders are involved in practically every upper-body exercise and also play a key part in everyday movements and your posture. You need to be able to move the shoulder joints in multiple directions while also counterbalancing this mobility with adequate stability, in order to stay injury free.

Your shoulder is made up of several joints, around which there are lots of supporting muscles, including the rotator cuff (connecting the upper arm to the shoulder blade), the biceps (upper arm, linking to shoulder muscles), the rhomboids (which attach your shoulder blade to your spine and neck), the trapezius (which goes from the back of your shoulder to the top of it and up your neck) and, of course, the deltoids (which wrap over the outside edge of your shoulder). These all need balancing and strengthening to keep everything in the right place so it works properly.

But it's common for these muscles around the shoulders to become

Sitting at a desk can create imbalances in your shoulders, but simple exercises can sort this out.

unbalanced, typically due to overuse and adaptation to prolonged sitting, which compromises and weakens the joints and can, in turn, lead to shoulder pain, something that 70 per cent of us are likely to experience at some point in our lives.

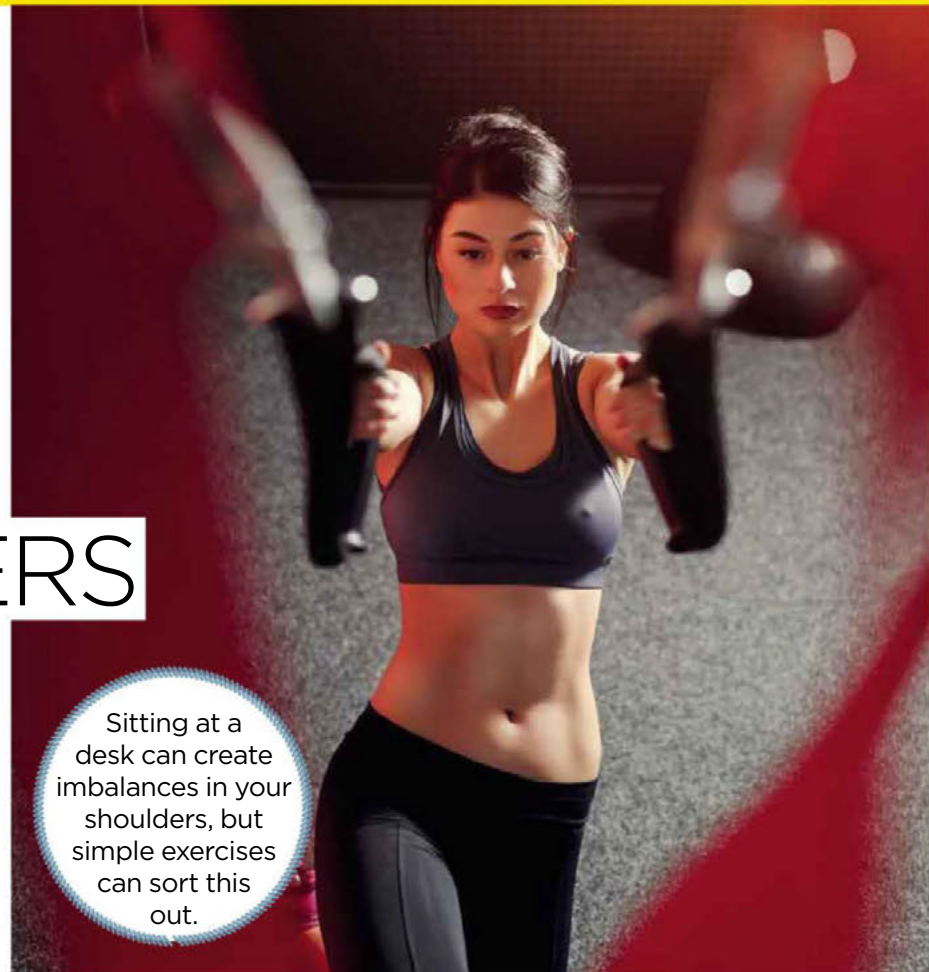
SHOULDER CARE

Typically, the biceps and anterior (front) deltoid muscles are overused and become shortened, for example, while the posterior (back) deltoid and rhomboids are relatively underused and become lengthened. This causes your shoulders to round forwards, putting extra strain on certain areas, increasing the risk of injury – very

commonly in the rotator cuff muscles.

Simply sitting and standing with better posture can help keep your shoulders healthy, but specific strengthening exercises that target the underused and weakened areas can help you stay balanced and injury free. Three of the top body-weight movements for keeping your shoulders in check are detailed below, so why not give them a go?

Personal trainer Jean-Claude Vacassin owns W10 Performance gym in West London. He has advised athletes, sports brands and film companies, as well as working in nutrition, functional medicine and rehabilitation. Visit w10performancegym.com.



THREE SHOULDER-BOOSTING MOVES



PIKE PUSH-UP

Get into push-up position with your feet on a bench or chair. Walk your hands backwards, bending your hips and raising your bottom towards the ceiling, until your torso is at ninety degrees to your legs. Bend your arms to lower your body to the floor until your head is between your hands. Pause, then press back up. Start with three sets of eight reps. If you're struggling, go half way down and build up.



WIDE-GRIP INVERTED ROW

Set a barbell at hip height in a rack. Sit on the floor below it, then hold the bar just wider than shoulder width with your palms facing towards you. Stretch your legs out straight so your heels are on the floor. Squeeze your shoulder blades together and pull your chest to touch the bar (between your hands), holding for a couple of seconds. Start with three sets of 15 reps.



SHOULDER T'S

Lie flat on your front with your arms out to the sides in a crucifix position, palms facing the floor. Squeeze your shoulder blades together, then lift your arms out to the sides. Actively squeeze for 15 seconds, repeating six times. This may sound easy, but it's harder than you think! Start with three sets of 6 x 15 seconds, and with all of these exercises, build up as they become easier.



TWIST AWAY *stress*

Energise your spine and stretch your body with this therapeutic twisting yoga pose

If you find this too hard, you can try sitting with your legs crossed and twisting to the left, taking hold of your right knee.



HALF SPINAL TWIST (ARDHAMATSYENDRASANA)

BENEFITS

Twisting yoga poses, such as this half spinal twist, act like a massage for your internal organs. This exercise will get your digestion moving, pump more blood around your body and help flush out toxins. It will also help stretch out your spine, shoulders, hips, neck and bottom – perfect if you sit down all day.

HOW TO DO IT

- Sit upright with your right leg crossed in front of you.
- Bend your left leg and lift it across to rest on your right leg.
- Keeping your back straight and abs pulled in, rotate your upper body to the left, taking your right hand over your left knee. If you can reach, take your whole arm over, rotating further to the left.

- Hold the position for six to 10 slow breaths, focusing on your diaphragm expanding and contracting as you breathe.

BEGINNERS' TIP

Instead of taking your right hand over your left knee, wrap your arm around your left leg and hug your thigh towards your torso.





Just imagine if someone invented a treatment that could boost your brainpower in seconds. Would you want a prescription? We at *H&F* would certainly be queuing up for a hit of this new-fangled medicine, especially when creative juices run dry during the afternoon slump! The good news is that data from the University of Leiden in the Netherlands has revealed that such a wonder drug does exist: it's called exercise, and running is one of your best options.

THE SCIENTIFIC DISCOVERY

The scientists set out to discover whether regular exercise, such as running or walking, stimulated the two main brain processes of creativity: divergent thinking, which is used when generating ideas, and convergent thinking, which is used when problem-solving. Participants were split into two groups – exercisers and non-exercisers. They then had to complete two tests.

One task, which involved noting as many uses as possible for objects such as a pen, tested divergent thinking; the other, in which participants found the link for three non-related words, tested convergent thinking. Interestingly, half of each group had to complete the tests while exercising.

In a triumph for exercisers, results show that the frequent exercisers performed better overall in the tests. Most impressively, the exercisers also did better on the convergent-thinking test when they were exercising than when they weren't exercising.

'Exercising on a regular basis may thus act as a cognitive enhancer, promoting creativity in inexpensive and healthy ways,' says study researcher Lorenza Colzato, a cognitive psychologist at Leiden University in the Netherlands. The take-home message? Getting fit is great for your thoughts.



Boost your CREATIVE THINKING

Want to think outside the box a bit more? Try running!

THE RUN-THOUGHT CONNECTION

Of course, it's obvious really, that running and creative thinking are inextricably linked – you only have to look at the number of poetic yet motivational quotes to realise that. The link is so strong in fact that Japanese novelist, Haruki Murakami, discusses at length how his running experiences have impacted his writing in the renowned novel *What I Talk About When I Talk About Running* (Vintage, £8.99). 'Most of what I know about writing I've learned through running every day. These are practical, physical lessons. How much can I push myself? How much rest is appropriate – and how much is too much?' explains Murakami when discussing the connection between endurance, focus and creative writing. He argues that a lot of the attributes required for creativity – goal-setting, patience, focus, concentration, dedication – are also required for running.

Murakami's certainly not alone in thinking this. Whether it's solving a work problem or figuring out what to wear for dinner, anecdotal evidence shows that many runners feel more creative after a blood-boosting amble. Professional triathlete, Nikki Bartlett (competep.com), credits running for her ability to write sports blogs. 'I write regular blogs about being a professional triathlete and most of my creative thought comes from running in the fresh air,' she explains. 'Running along trail paths, being free and among my own thoughts, gives me a chance to reflect, think and let my imagination run wild. Often, I come in from a run and jot down all of my thoughts straight away.'

Sounds productive, doesn't it? But how does a sweat session affect your creative brain power on a physiological level? Well, moving around is as much of a workout for your mental muscle as it is for your musculoskeletal muscles. During exercise, the brain has to work hard to keep your muscles moving, and this requires the heart to send more oxygenated blood to your grey matter. Magnetic Resonance Imaging (MRI) machines, cellular dye tagging and other research technology is showing that this increased blood flow can make your brain work better, creating new brain cells (a process scientists have coined neurogenesis) strengthening existing ones and building bigger mental muscle regions. Further studies also confirm that aerobic exercise increases the size of the prefrontal cortex (the bit of the brain just behind your forehead), which controls cognitive processes such as planning, prioritising, initiating and managing time. Eureka!





YOUR BETTER-BRAIN PRESCRIPTION



So what's the best way to boost your brainpower?

Aerobic activity appears to hold the fort. Any activity, such as running, that uses

big muscle groups and cranks up the heart rate is thought to be good for enhancing grey matter, creating new brain cells and producing more blood vessels. It also has a profound effect on brain chemistry, reducing 'creativity blockers' such as feelings of stress and anxiety. And the more intense the run is, the better. One study from the University of Southern Mississippi compared students who walked at 50 per cent of maximum heart rate to those who ran at 60-90 per cent of max heart rate. Turns out the students who ran vigorously felt less anxiety.

And when it comes to creating the optimal hormonal environment for creativity, running wins hands down. Interestingly, research shows that extreme emotion, such as happiness, is the ideal state for creative thought. Case in point – a 2007 study on creativity in the workplace reports that creativity increases when emotions are either very positive or negative. Anyone who pounds the pavements will know and love the 'runners' high', a euphoric feeling caused by a release of the body's natural opiates, endorphins (known to many as the 'happy hormone'). What they may not know is that 'high' is also a great creativity booster. Hooray!

The catch? Studies suggest this creative boost is only felt by those who are already fit. For the unfit, the fatigue from aerobic activity counteracts the brain-boosting benefits (ie you're too tired to do anything remotely creative!) But if you do want to maximise on the idea-boosting benefits, run in the morning. Research in the *Journal of Applied Social Psychology* shows that early birds are more proactive than night owls. 'People whose performance peaks in the morning are better positioned for career success, because they're more proactive than people who are at their best in the evening,' explains study leader Christoph Randler, a biology professor at the University of Education in Germany, who argues that morning people are better equipped to handle problems. We're off for a morning run! ■



Mix up your training methods for maximum fitness and fat-burning benefits.



RUNNING EXPERT

H&F running coach **Sam Murphy** answers your training questions

Q What's the best way to burn fat through running – interval training or doing long, easy runs?

A This is a surprisingly complex issue. A recent study found that while continuous 'steady-state' exercise burned more calories during the session than a high-intensity workout, energy expenditure over the following 24 hours was similar in both groups. This is due to 'excess post-exercise oxygen consumption' (EPOC) – the energy expended returning the body to baseline after exercise.

While the intermittent nature of the interval workout expended fewer calories at the time of the workout, the high intensity of the short bouts created bigger EPOC. This is probably why both forms of training have shown similar results in reducing body fat as well.

But there are a couple of other things to bear in mind. If your fitness level doesn't allow you to work at a high percentage of your maximum ability during the intervals, your calorie expenditure (and EPOC) won't be as high, so a longer, but less intensive, workout

could be better. Some research also suggests that your body composition is a factor. In a recent Australian study, inactive overweight people lost more body fat through 12 weeks of continuous exercise compared to high-intensity interval workouts. However, more active people have been found to lose more fat through interval training than steady state.

Ultimately, training volume is the most important thing for fat loss – and this includes both intensity and duration. Running slowly doesn't burn as many calories as running faster, but you can do it for longer, boosting your volume. Running faster can't be sustained for long, but break it down into bite-sized chunks (the essence of interval training) and you'll a) be able to manage it and b) will increase your fitness level, which will then allow you to do your longer 'steady' runs faster, increasing energy expenditure too!

Assuming you're already a runner, my advice for maximum fat-burning – and fitness benefits – would be to include both types of workout in your regime.

NEW KIT

1 X-BIONIC THE TRICK RUNNING SHIRT, £79.99; x-bionic.com
Stay cool with this thermo-regulating tee. Special insulation structures along the spine cause sensors in your back to tell your brain to start sweating early, so you avoid overheating. Smart.



2 ULTIMATE PERFORMANCE ELASTIC LACES, £5.99; ultimate-performance.co.uk
Cord laces are a useful tool in a triathlete's arsenal, helping you put on your running shoes super-fast. We love these rainbow coloured versions.



3 CEP RUN ULTRALIGHT SOCKS, £50; cepsports.co.uk
Regular runners know the benefits of calf-hugging compression socks, and this pair from CEP is worth the investment. Made from super-light material, they're great for runs and recovery.



THE ONE TO RUN

4 X 1/4 MARATHON TEAM RELAY **JULY 19**

Grab three friends and sign up to the Morrisons Great Newham London Run 4 x 1/4 Marathon Team Relay to ease yourself gently into the marathon experience. Each person runs 10.54K, which adds up to a full marathon; greatrun.org.

25% OFF at **Simply Beach** for every reader!



Need a new holiday wardrobe? Pick up your style essentials with this great offer

SimplyBeach.com is the one-stop shop for all your holiday needs with a huge range of swimwear, beach clothing and accessories. Whatever your size or shape, Simply Beach makes sure it has the swimwear styles to flatter.

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The people behind Simply Beach want every woman to look good and feel great about their swimwear so they can holiday with confidence by the pool or at the beach. Simply Beach chooses collections from the best-known and most exclusive brands in the business, from Seafolly, Freya, Fantasie and Watercult to Melissa Odabash, ViX, Jets and Heidi Klein, to name a few. The ranges cover bikinis, one-pieces available in cup-sized styles and a great range of sarongs and kaftans to cover up in the sun, both on and off the beach.

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Open-water goggles



With triathlon season upon us, chief sub **Emma Lewis** tests eyewear made for swimming outdoors



ZOGGS PREDATOR FLEX REACTOR GOGGLES

£50; zoggs.com

'Invest in these and you've got all conditions covered in one pair of goggles. The photochromatic lenses react to changing light so they're clear when it's cloudy and

tinted when it's bright. The titanium lens takes the glare off the water's surface too. The frame's really flexible, giving a comfy fit without bulk. Great goggles.'

VISION ★★★★★ PERFORMANCE ★★★★★

TYR SPECIAL OPS 2 POLARIZED GOGGLES

£23; simplyswim.com

'Great-looking with a sharp curve towards the outside of the polarised polycarbonate lenses, these give great peripheral vision (best on test with the Blue Seventys). They minimise glare on the surface of the water and are anti-fog treated. The nose bridge is quite wide but the frame is bendy and the soft gaskets are really comfy round the eyes. The lenses aren't too dark so these are good all-rounders.'



VISION ★★★★★ PERFORMANCE ★★★★★

SUTTON SWIMWEAR MIRROR OPT1200

£24; prescription-swimming-goggles.co.uk

'These sleek, tinted, mirrored prescription goggles are great value, don't leak and can correct long or short sight (+8 to -10, but you have to have the same power in each eye). Interchangeable nose bridges mean you can get a good fit around the eyes. The lenses aren't very dark but take a bit of glare off so would suit most conditions. Peripheral vision is OK and they're comfy.'



VISION ★★★★★ PERFORMANCE ★★★★★

BLUESEVENTY HYDRA VISION MIRRORRED

£20.50; simplyswim.com

'Designed for triathlon, these goggles look quite wide, but the soft, comfy frames bend so they fit well, even on my narrow face. The low-profile frames are designed to minimise water drag, and the slit strap is easy to adjust but really secure. The curved, wide-vision (best on test with the TYRs), dark mirrored lenses are perfect for bright, sunny days and have anti-fog and UV protection. Bring on those sunny triathlons and lido dips!'



VISION ★★★★★ PERFORMANCE ★★★★★

AQUAVIZ OTS CORE

(£24.95) with Single-Vision Inzert (£40); sportviz.co.uk

'It's a great concept for those who do lots of sports – you buy an Inzert (including prescription, polarised and bifocal) and slot it into the brand's swimming goggles, skiing goggles, cycling glasses frames and more. The prescription Inzert was made to my exact prescription and gave amazing, crystal-clear vision. The mask didn't stay sealed at the sides on my narrow face though and left a mark on my face.'



VISION ★★★★★ PERFORMANCE ★★★★★

AQUA SPHERE SEAL XP2 MASK

£19.99; aquasphereswim.com/uk

'This mask has very good peripheral vision and a tough frame with a strong curved lens. It's easy to adjust and offers 100 per cent UVA/UVB protection with its anti-fog and scratch-resistant lens. I found it was quite big on my small face and let in a small amount of water, despite seeming to have a strong seal, though. If you prefer masks to goggles, this could work well for you though. It also comes in a tinted-lens version.'



VISION ★★★★★ PERFORMANCE ★★★★★

SPEEDO WOMEN'S FUTURA BIOFUSE POLARISED GOGGLES

£25; speedostore.co.uk

'A great option for those with smaller faces, these polarised (glare-reducing), wide-vision women's goggles fitted me perfectly. Really comfy, they create a good seal without leaving marks. The dark lenses boast anti-fog and UV protection, while SpeedFit technology allows quick and easy strap adjustment. Their peripheral vision is pretty good. Perfect for bright days.'



VISION ★★★★★ PERFORMANCE ★★★★★



Despite two bouts of ovarian cancer and forced menopause, I feel great!

Healthy living, a no-nonsense attitude and a superfood supplement has helped June Marsh, 60, bounce back

Two months before my fiftieth birthday, I was diagnosed with ovarian cancer. They call it a silent cancer, but it wasn't for me. I had aches and pains and the doctor put it down to IBS. The year before my diagnosis, I became very thin and couldn't breathe properly. The doctors were reluctant to send me for an ultrasound, but agreed after I could barely walk, couldn't go to the toilet and couldn't eat without being in pain. It revealed that I had cancer on one ovary and also on my bladder.'

THE FIGHT

'Two weeks after my diagnosis, I had a hysterectomy and was put on forced menopause. I woke up and thought I was ill, but it was just menopause symptoms – night sweats, restless legs and hot flushes. Then, five years after my first diagnosis, I was told the cancer had returned and it was in my pelvis, so I started my second round of treatment and this time they used minimally invasive da Vinci surgery on me to remove lymph nodes. I had chemotherapy both times and all the hair loss that came with it, and it was awful. I was just wasted in every way – even after the chemo had stopped. I had fatigue and couldn't get up the stairs with ease. My body was wiped and I had chronic joint pain in my legs. The surgery also left me with lymphedema (incurable fluid retention) in one leg.'

THE SAVING GRACE

'Not long after I finished chemo, a friend told me about a New Zealand blackcurrant supplement – a powerful antioxidant source – and I soon started taking one a day. Within a month, my menopause symptoms and fatigue had eased and, within eight weeks, they'd disappeared. Since then, my wellbeing has been amazing – I couldn't swim four lengths before, but now I swim for 45 minutes.'

STAYING ACTIVE

'I'm now sixty, and trying to maintain a healthy lifestyle. I'm always on the go with my grandchildren, I swim twice a week and go to Pilates and yoga. I also eat very healthily and make homemade soups, casseroles and salads, trying to avoid processed foods. I think half the battle is how you choose to face your diagnosis – I'm not one to feel sorry for myself so I stayed positive. Now, keeping fit helps me beyond belief. It gives me a buzz, lots more energy and I feel good as a result. Find out what suits you – I've tried lots of things – but be careful about what you can physically do, and maintain.'

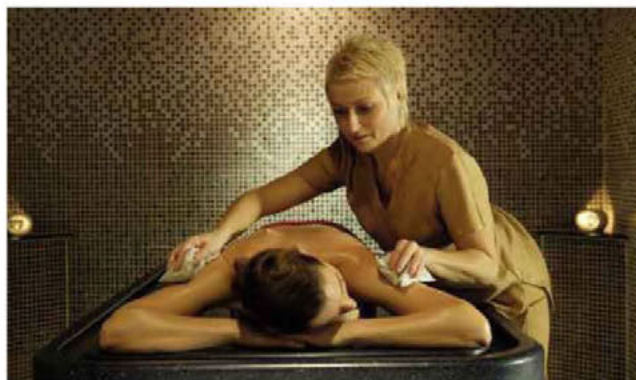


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intense UV light helps
plants produce lots
of antioxidants.

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Nestled deep within the natural landscape of Pennine Yorkshire, Titanic Spa is a beautifully restored textile mill offering state-of-the-art health and wellbeing facilities. Titanic boasts a wealth of renewable energy sources and eco-friendly strategies to ensure the planet benefits as much as you. You'll be pampered to perfection, indulge in delicious, fresh, locally produced food and enjoy an overnight stay at the UK's original eco spa in West Yorkshire. **FOR YOUR CHANCE TO WIN**, email your details to competitions@iris-uk.com with 'TITANIC SPA' in the subject title, by June 30, 2015, when one winner will be selected at random.

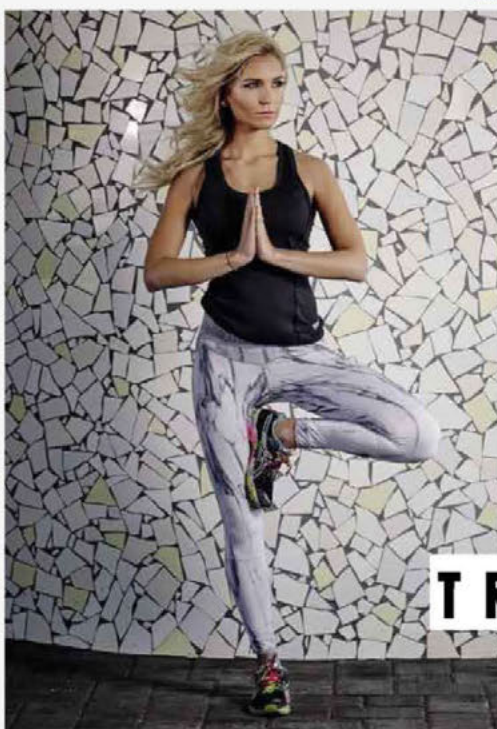
T&Cs: To be taken within six months (Sunday-Thursday). Subject to availability, excludes bank holidays. The prize includes breakfast in the apartment, lunch on day of arrival and dinner. Spending money, travel, meals other than stated, beverages, additional spa treatments or other expenditure is not included. No cash alternative is offered, no amendments or changes can be made to the prize content and the prize is non-transferable. Once booked, Titanic Spa normal terms and conditions apply to spa breaks. Open to all readers aged 18 and over.

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Monreal London was launched when avid tennis player and designer Stefani Grosse couldn't find high-performance workout gear stylish enough to wear when the match was over; and that's exactly how trendysports.com was created too – to provide style, fashion and functionality all in one place.

By bringing together a carefully selected line-up of designer brands in one store, trendysports.com is the one-stop shop that will ensure you are always on trend at the gym, out on a run and in your everyday life. **TO ENTER THE COMPETITION**, visit trendysports.com/competition/healthfitness.



TRENDYSPORTS

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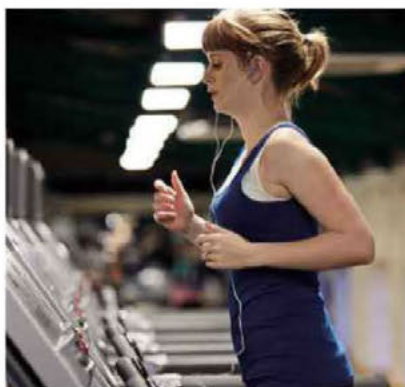
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EDITOR MARY COMBER, marycomber@iris-uk.com
ART DIRECTOR LUCY PINTO, lucypinto@iris-uk.com
CHIEF SUB-EDITOR EMMA LEWIS, subs@iris-uk.com
FITNESS EDITOR SARAH IVORY, ivorysmedia@gmail.com
FEATURES WRITER BECKY FLETCHER, beckyfletcher@iris-uk.com
ADDITIONAL SUB-EDITING EVE BOGGENPOEL, subs@iris-uk.com

PUBLISHER NICOLA BATES
GROUP PUBLISHER RUSSELL BLACKMAN
GROUP MANAGING DIRECTOR IAN WESTWOOD

GROUP ADVERTISING MANAGER LUCY PALMER

Lucy_palmer@dennis.co.uk, 020 7907 6678

SENIOR SALES EXECUTIVE SARA SHAH

Sara_shah@dennis.co.uk, 020 7907 6707

MEDIA SALES EXECUTIVE EMILY QUINN

Emily_quinn@dennis.co.uk, 020 7907 6768

MANAGING DIRECTOR OF ADVERTISING

JULIAN LLOYD-EVANS, 020 7907 6608

REGIONAL ADVERTISING SALES The Media Consultants Ltd, 01423 569553

MARKETING COORDINATOR JAMES YOUNG, 020 7907 6424
PARTNERSHIPS & MOBILE MANAGER SOPHIE GEORGE, 020 7907 6858
NETWORK PRODUCTION MANAGER KERRY LAMBIRD, 020 7907 6177
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SENIOR DIRECT MARKETING EXECUTIVE HOLLY MILLS, 020 7907 6158

CHIEF OPERATING OFFICER BRETT REYNOLDS
CHIEF FINANCIAL OFFICER IAN LEGGETT
CHIEF EXECUTIVE OFFICER JAMES TYE
COMPANY FOUNDER FELIX DENNIS

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NICOLE ADAMS nicole_adams@dennis.co.uk, +44 (0)20 7907 6134

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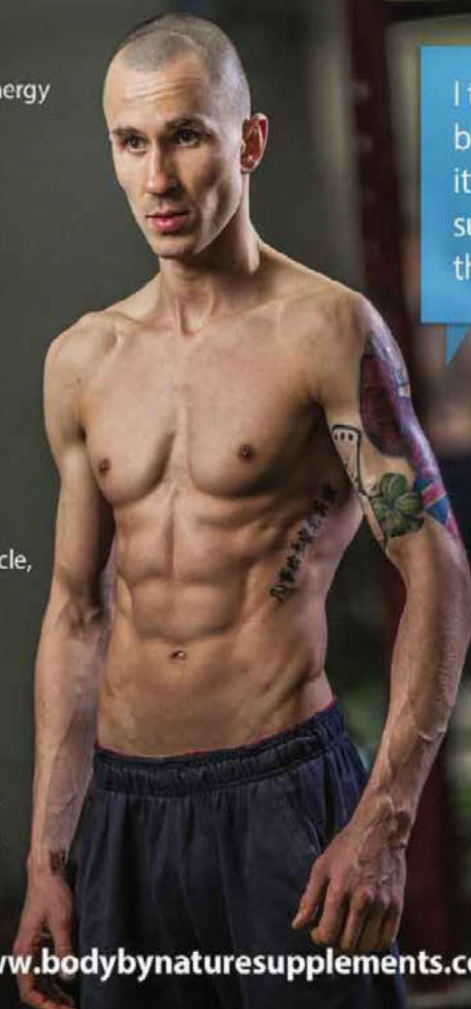
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STUDENT TESTIMONIAL

Sue Pash began her studies
with the school in 2004.

I am a therapist who loves continuing to learn about complementary therapy – and SNHS has proved invaluable for adding to my skills. The courses make great ongoing CPD too! Since becoming a student in 2004 I have taken several courses and gained the confidence to write the Holistic Dowsing Course for the school. In association with my therapist colleagues, I am now also proud to offer mentoring services for the school's students, offering practical sessions in many of the course subjects, together with business mentoring and seminars in Practice Management. This year my business has expanded again by adding a second Practice room, run in partnership with a fellow graduate of the school.

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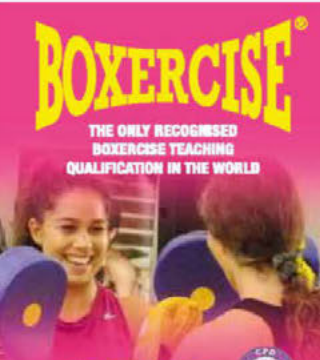
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You're in the UK to promote your work with Cancer Research UK's Race for Life, among other things. Why is it on your radar?

'I specialise in helping people who are on their weight-loss and fitness journey, and I believe in challenges to help give us something to aim and train for. Race for Life is a great way to help raise money to beat cancer, plus it gets us moving.'

How do you fit exercise into a busy schedule?

'I try to do something every day, even if it's just going for a brisk walk with the dogs. It varies – if I have a lot of time, I like going to the gym and doing some resistance training or plyometrics. With my athletic background [Pavelka played college football then became a bodybuilder], these make me feel really strong. If I only have 15 minutes, I'll do HIIT training or resistance work.'

Why is being fit and healthy important to you?

'For my sanity! I think we give a lot to everything else in the world and we neglect our health and ourselves. A lot of people suffer from depression or anxiety and I believe it's because they don't give themselves enough time to exercise; they're not giving themselves 30-40 minutes each day to live through their body. Exercise is the one thing I give to myself.'

You've created The Pavelka House – an interactive online community. What are its principles?

'It's about inspiration, information and friendship and is based on The Pavelka Way, which is made up of my Four Elements of Health [see pavelka.co.uk]. They're simple and effective: movement, food, mind power and family [Pavelka is married to Canadian actress Sitara Hewitt and they have a son, Rowan, 4]. We focus on those four things every day. Mind power is about getting yourself out of the negative thought process through journaling, affirmations, gratitude and meditation. We've found that people are trying to be happy by achieving things, but it's about

Pavelka makes sure he fits in a bit of exercise every day



I hate it, it's just because I'm spread thin because of work. It's a pleasure and joy to take care of myself and I don't do it for anybody but me.'

What's your diet like?

'Post-workout, I like to have high protein and simple sugar, so I'll have manuka honey in a protein smoothie. If you do a lot of resistance training, it's great. Just make sure you have it within 30 minutes of the workout – after that it's kind of pointless. When I'm home, I get in five meals a day. When I'm travelling, I do the best I can, but I'm not that hard on myself. I enjoy food and I'll have a pint here and there. Balance is true health to me.'

Do you have any vices?

'I don't have a sweet tooth – it's more savoury! I grew up in Texas where everything is deep-fried or barbecued. I love popcorn. While it's not bad for you, if you eat a whole tub, it's another matter.'

WE'RE TALKING TO...

Jessie Pavelka

We talk to the US fitness and extreme weight-loss expert, 33, presenter of *Obese: A year to Save My Life*, on Sky 1

Who's your health hero?

'As a kid, it was Arnold Schwarzenegger – what kid in the gym didn't look up to him? Now it's the people who

being happy in the now and in your own skin – all the other stuff is a bonus. Family is the most important; it's your support.'

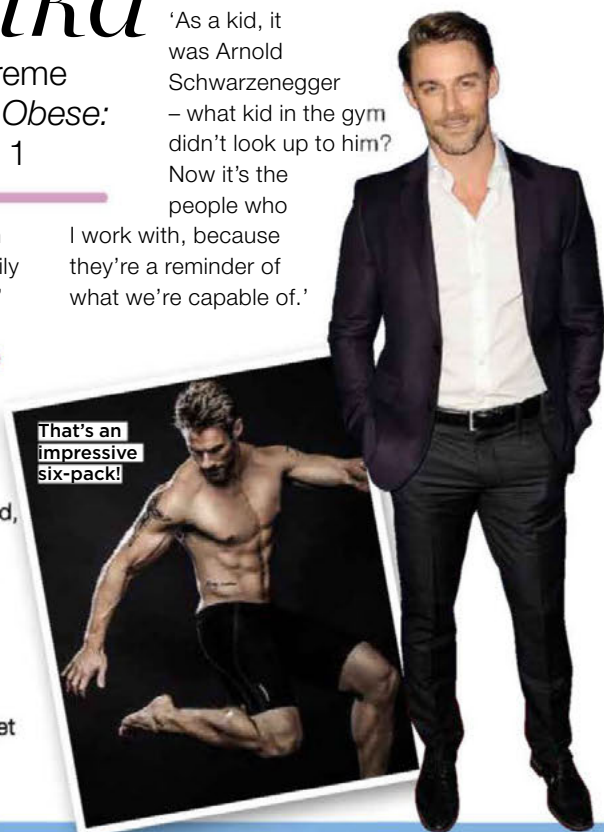
I work with, because they're a reminder of what we're capable of.'

What would you say to someone struggling with a fitness goal?

'Don't look at the big picture. Look at the small things you can put in place and take it one day at a time. You can handle what happens in a 24-hour period, but when you look at the big picture, it can be daunting or overwhelming. Just focus on the step right in front of you.'

Do you feel under pressure to stay in shape?

'Not at all. It's something I love. Don't get me wrong – some days I have to drag myself to the gym, but it's not because



ENTER NOW!

Jessie is supporting Cancer Research UK's Race for Life. Take part in one of over 300 nationwide 5k, 10k or Pretty Muddy events and help raise money that goes towards beating all 200 types of cancer affecting both men and women. Enter at raceforlife.org.

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GET SWIMSUIT SLIM IN **2 WEEKS**

Prepare to lose weight and tone up your trouble zones in time for summer

Is the thought of bearing all in a bikini breaking you out in a cold sweat? Do you wish that your legs looked oh-so-slim in short shorts? Good news – this two-week workout and diet plan has been designed to whittle your waist, sculpt your legs, shape your arms and get you all-round ready for the beach. Created by slim-down experts, Cecilia Harris and Emma Whitnall, Lucy Mecklenburgh's personal trainer and nutritionist from the **Results With Lucy** team, the advice on the following pages is all you need to tone up, lose weight and feel great in just a fortnight!

CONTENTS

04: Meet your PTs **06:** Your exercise plan **08:** 2-week schedule **10:** Warm-up
12: Workout 1: upper body **16:** Workout 2: lower body **20:** Workout 3: core & abs
24: Cool down **26:** Your diet plan **28:** 1-week diet plan **30:** Recipes **34:** Competition

MEET YOUR PTs

Online workout programme Results With Lucy has taken the fitness world by storm. Now the team will get you in shape



ABOUT CECILIA

Co-owner of Results Fitness and Health, Cecilia is also the co-founder of Results With Lucy (resultswithlucy.com). She's the resident RWL fitness expert and creator of the online exercise programmes. She has years of experience training women to get into shape. As Lucy Mecklenburgh's trainer, Cecilia is responsible for helping the star get into shape. And now she's going to show you how to tone up and trim down, too.

ABOUT EMMA

Emma Whitnall is a functional nutrition, health and weight-loss coach who creates the health and weight loss nutrition programmes for Results With Lucy, Results Retreats and Results With Bump. Emma is also co-author of the Amazon bestseller *Be Body Beautiful* (Penguin Books, £7). She takes a holistic approach to weight loss, focusing on hormonal balance, food quality, stress management, sleep and digestion.



Former *The Only Way is Essex* (TOWIE) TV star, Lucy Mecklenburgh,

hasn't always loved working out.

Until recently, she'd be the first to admit that she didn't like exercising and thought bootcamps weren't a lot of fun. But that was all before she had her first training session at the Results Fitness & Health studio in Essex. Personal trainer and co-founder of the studio, Cecilia Harris, took Lucy through her first

high intensity interval training workout and she loved it.

'She said it was so much fun, and that she'd never had that good a time exercising,' recalls Cecilia. 'So she came back and we trained for a good six months. Her body definitely changed in that time. Even though she was very slim already, she wasn't training before and the body adapts to regular exercise. Lucy was obviously liking the results because she was tweeting pictures of herself and getting a great response from her fans.' That was the start of a new passion for

exercise. 'Lucy converted to exercise and it became her life,' says Cecilia.

INSPIRATION

'She's an inspiration to a lot of ladies because she doesn't just say it – she does it. Lucy eats healthily all the time and she trains every day with me if she can,' says Cecilia.

With Cecilia's guidance, Lucy began tweeting about the best moves for the lower abs or the exercises that help sculpt a pert bottom – and Twittersphere went crazy. Seeing a gap in the market, the duo decided

to go into business together – and Results With Lucy (RWL) (resultswithlucy.com) was born.

ONLINE WORKOUTS

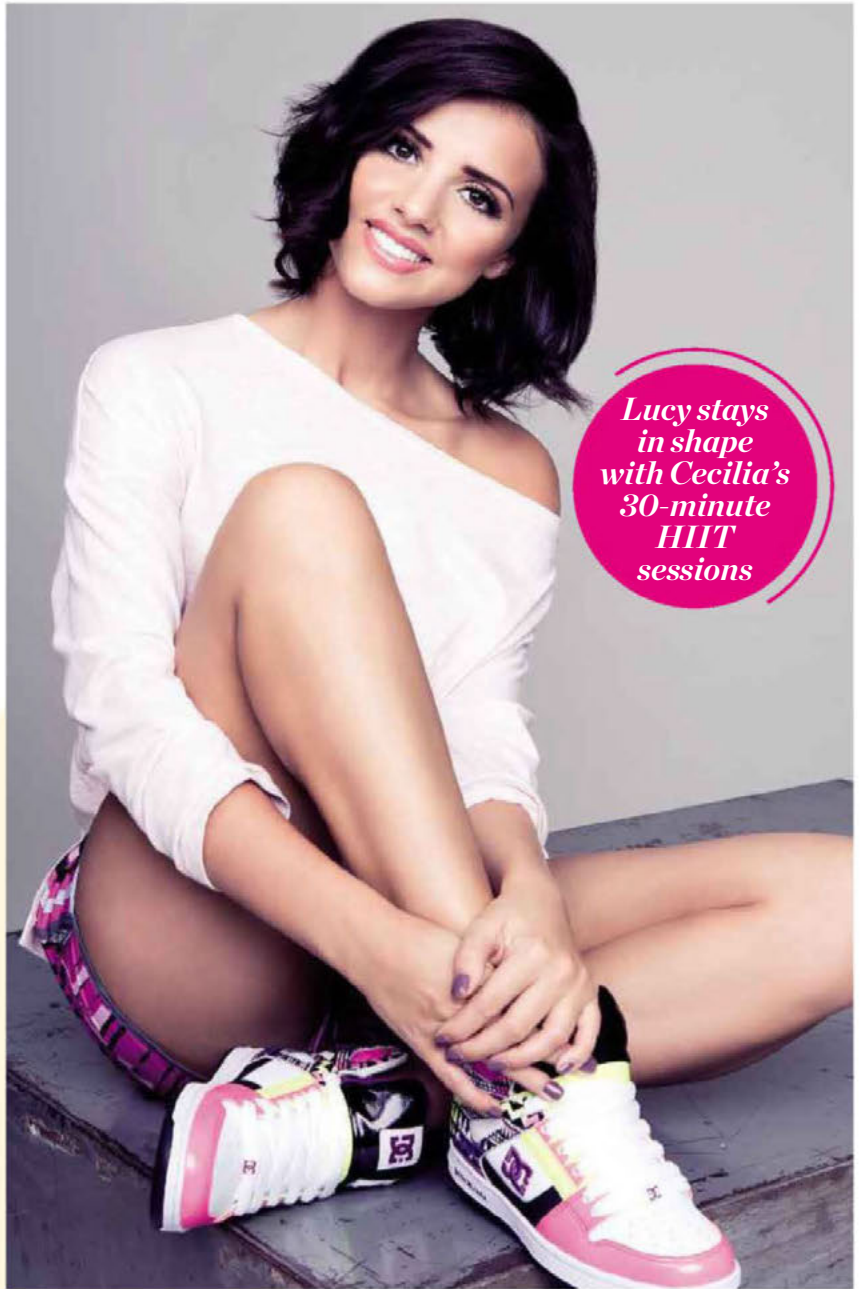
Much more than another celebrity workout DVD, Results With Lucy is an online fitness platform that draws on Cecilia's workout knowledge. The site also includes EatWell food plans, thanks to nutritionist, Emma Whitnall's healthy eating know-how.

There are over 150 workouts, 60 playlists and bespoke diet plans. Since its launch in 2013, Results With Lucy has clocked up a whopping 100,000 members. Not surprising, given that the website offers people access to a vast range of workout videos from just £2.25 per week. In fact, the online workouts have proven so popular that the team has also launched a Results Retreat Bootcamp With Lucy (resultsretreat.com), in which fitness fans get a chance to work out and eat healthily just like the TV star.

MAKING FITNESS FUN

The aim of the retreats is to push exercisers to their boundaries and put fun back into the fitness regime. 'We've come along with a super team of trainers and brought them to the bootcamp programme,' explains Cecilia. 'We've got Zumba, as well as Pilates, yoga and even hula hooping.'

There's something for everyone. Now Cecilia and Emma have created a plan to get you beach ready in just two weeks. Turn over to get started!



IT WORKED FOR EMMA – AND IT CAN WORK FOR YOU

Emma Eagling, was the winner of Results With Lucy's recent Summer Bodies Real Results Competition.

She has been a member of Results With Lucy for more than three months and dropped a dress size.

'I wasn't very overweight before joining the programme but I wanted to lose the unwanted pounds I'd put on over the winter. I was starting to feel uncomfortable in my clothes and sluggish. I'm a busy mum and I never get much time to exercise – Results

With Lucy seemed like a great programme with simple steps, healthy meal plans and exercise routines.

'In the 13 weeks of the New Beginnings programme I lost one and a half stone, three inches from my waist and I dropped a dress size. I suffer from a lot of headaches but I haven't had one since I started exercising in January. My skin is much clearer and I feel so much healthier and happier. It has completely changed the way I think about eating and exercise. I now enjoy working out and make time for it.'

YOUR FITNESS PLAN

Ready to hone your hottest body ever? Follow Cecilia's two-week plan to sculpt a lean and lithe body – fast!



As women, it's important to feel body confident in summer. The warm weather means our baggy

winter woollies get stashed away and summer's flesh-bearing outfits make an appearance.

Bikinis and swimsuits mean there's nowhere for post-winter flab to hide! Fortunately, an intensive toning and fat-busting regime may be all that's needed for you to look fantastic. And that's what this bikini body plan offers.

For the two-week plan, Cecilia has created three different workouts – an Upper-body session, Abs & core session and a Lower-body, fat-burning session. The workouts have been designed to sculpt your body from head to toe, while the high-intensity moves (think: jump squats and squat thrusts) will fight any unwanted blubber.

For a bikini body makeover, the trick is to focus on your problem zones. Cecilia's workouts do just that, targeting typical trouble areas, such as the backs of your upper arms, tummy, bottom, and inner and outer thighs. Each week, you'll do all the workouts twice and have two days of rest. You don't need any kit and the workouts shouldn't take longer than 30 minutes, so there's no reason to skip a session. Team the workouts with the healthy diet plan and as much daily activity as possible and you'll be ready for that bikini in no time!

THE WORKOUTS

'Start doing a regular routine like this and you'll feel 100 per cent better by the end of the two weeks. The exercise will make you feel energetic and



positive, plus you'll feel proud of yourself because you'll be getting up every day and doing some form of exercise,' says Cecilia. 'I haven't used any weights, so the focus is on bodyweight exercises and sculpting muscle. You'll also be doing a little bit of cardiovascular exercise via the plyometric (jumping) exercises, which are the key fat-burning exercises that you must include in your workout if you want to lose weight and get results.

'This is exactly the kind of routine that I do with Lucy Mecklenburgh. Mixing cardiovascular and bodyweight exercises is definitely what Lucy enjoys the most, and that's what I feel you must do to get the best results. The first training session I ever did with Lucy

was a 30-minute high intensity interval training (HIIT) workout [just like the Lower-body workout] and she loved it. That's how I love to exercise as well, and most of my female clients thrive on HIIT training because it works.

THE BALANCE

'Don't forget to warm-up and cool down. Lucy likes the stretching side of exercise. She understands the benefits of stretching, especially after appearing on *Tumble* [a gymnastics-orientated TV programme] last summer. The stretching for *Tumble* was intense and now she appreciates its worth – it gave her the opportunity to go a bit further in her movements.

'Team my two-week exercise plan with Emma's diet plan. Everything you eat affects your internal balance – healthy food improves your mind and energises your body. The food that you put into your body directly alters how you feel, and you'll feel better for ensuring that you get the right nutrients. The diet and exercise plans really do go hand-in-hand.'

'The exercise will make you feel energetic and positive, plus you'll feel proud of yourself because you'll be getting up every day and doing some exercise'



TOP TIP
Mix these bodyweight workouts with cardiovascular exercise to speed up your fat-loss results

GET FIT AT HOME

The great thing about the workouts on the following pages is they can be done at home, on holiday or in the office. Having the freedom to choose when and where to workout is ideal because life can get in the way. Here's how to ensure it doesn't.

1 CREATE A SPACE

Try to choose a place in the house away from distractions such as the TV or telephone.

2 BOOK YOUR WORKOUT

Note your training sessions in your diary like appointments and you'll stick to them.

3 BE AN EARLY BIRD

Working out in the morning before the day begins will mean you've completed your session before any distractions creep in.

4 DON'T GIVE IN

Can you do another rep or jump a bit higher? Be your own personal trainer by aspiring to train as hard as you can.

5 COMPLETE THE SESSION

Don't skip the moves you hate. These are the moves that will make the most difference – so stick with them.

PROMOTION

SNACK & SLIM

Snacking and a sweet tooth often stand in the way of a healthy diet and a lean body, but it doesn't have to be that way. You can have the best of both worlds and satisfy cravings with the new USN Protein Mousse. High five to that! The mousse is high protein, zero sucrose and made with essential amino acids, making it a triple-whammy, guilt-free treat. The thick, creamy mousse offers 15g of high-quality dairy protein per portion. USN Protein Mousse costs £24.99. Visit usn.co.uk.



GET FIT IN A FORTNIGHT

Want to sculpt a bikini-worthy figure? Follow this day-by-day guide to shape up for summer



Stop dreaming about soaking up the sun in hotter climes – the great British summer is on its way! Do you know what that means? Strawberries at Wimbledon, pub lunches outdoors,

surfing on the west coast and sunbathing in the park. Bliss! The only problem with the heat is that it means wearing bikinis, swimsuits, short shorts and skimpy clothing. Argh! Bikini panic is here. Luckily for you, top trainer Cecilia Harris' two-week workout plan will help to burn off those pesky pounds of fat, toning up your trouble zones just in time for summer.

The plan is really easy to follow. Every week, you do two lower-body workouts, two upper-body workouts and two ab sessions, plus you'll condition your cardiovascular system to

boot! Take a rest on Friday and Sunday or do some gentle cardio, such as walking your dog or doing a light swim. Each workout has three levels – beginner, intermediate and advanced. Check the table at the start of each workout to find the level that suits you.

Don't forget to start each workout with a 10-minute warm-up based around dynamic moves, and finish with gentle stretching to slowly reduce your heart rate back to normal. Ready to get started?



	MON	TUE	WED	THU	FRI	SAT
WEEK 1	Upper Body Workout (p12) 	Abs & Core Workout (p20) 	Lower Body Workout (p16) 	Upper Body Workout (p12) 	REST	Lower Body, Abs & Core Workouts (p16 & p20) 
WEEK 2	Upper Body Workout (p12) 	Abs & Core Workout (p20) 	Lower Body Workout (p16) 	Upper Body Workout (p12) 		Lower Body, Abs & Core Workouts (p16 & p20) 

TOP TIP

Accelerate your weight loss by doing as much daily activity as possible. Take the stairs, stroll to the shops, walk the dog – every little helps!

SUN

REST



READY FOR *ACTION*

A smart workout plan starts with one thing – a dynamic warm-up. Unlike static stretches (holding a stretch for a period of time which is best done when you've finished your workout), dynamic moves prepare your body for what's about to come by waking up your muscles and gently raising your heart rate.

These savvy exercises also lubricate your joints, making them more mobile and less at risk of developing an injury. And if that's not enough, a dynamic warm-up will also power up your fitness results by ensuring that your muscles are firing correctly before you begin exercising.

The take-home message? Don't forget to do this warm-up before you start exercising!

HOW TO DO IT

This whole body routine will kick-start your body into action and get you into the zone for working out. Complete the exercises in order, so you finish with the pulse-raising moves.

Spend one minute on each exercise and then move on to the next one. Simple.



A



B

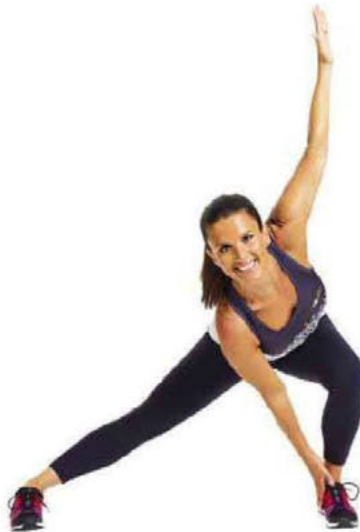
TOE TOUCH

Stand with your feet together and your hands by your sides (A). Take a step back with your right foot and squat down, pushing your weight through the heel of your right foot. Keep your left leg straight and flex your foot towards the ceiling. Extend your right arm to touch your left foot (B) and raise your left hand into the air. Repeat on the other side.

Wake up your muscles and boost your body-shaping results with this dynamic session



A



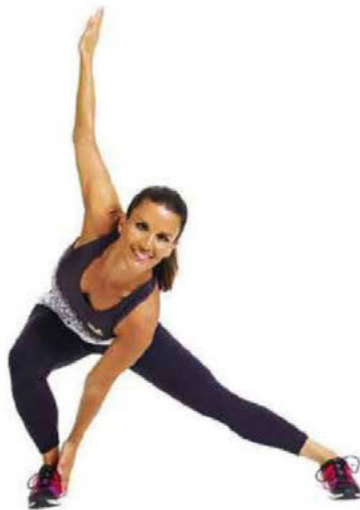
A



A



B



B



B

SQUAT TO OVERHEAD RAISE

Stand with feet just wider than shoulder-width apart and reach your arms up into a Y shape (A). Bend your knees to lower into a squat and simultaneously lower both arms across your body between your legs (B). Push through your heels to rise and reach your arms back into the air. Repeat 10 times.

DYNAMIC SIDE LUNGE

Stand with your feet together and your arms by your sides. Take a big step out to the left, extending your right leg while bending your left knee into a side lunge position. At the same time, swing your right hand towards your left foot and your left hand into the air (A). Step back to the centre. Then step to the right, extend your left leg and bend your right knee (B).

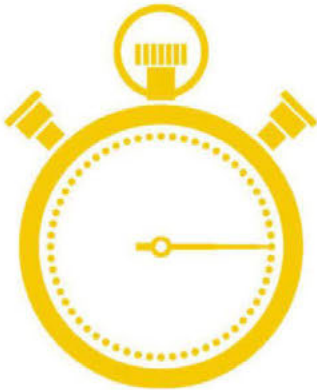
HIGH KNEES

Stand with your feet hip-width apart and raise your right knee up in front of your body towards your chest. Simultaneously, raise your left arm in a running motion (A). Repeat the action on the other side (left knee; right arm (B)). Try to increase the exercise to a jogging pace to raise your pulse.

WORKOUT 1 *UPPER BODY*

Sculpt lean arms, shapely shoulders and a perky bust with these kit-free upper body moves





LET'S GET STARTED!

Complete the warm-up on page 10 and then perform the following moves back-to-back in a circuit format. Take a look at the table below to find out how long you should spend doing each move. Once you've completed one round of the circuit, rest for 90 seconds, then complete another one. Don't forget the cool down on page 24 after your session.

	WEEK 1	WEEK 2
BEGINNER	Perform each move for 30 seconds	Perform each move for 45 seconds
INTERMEDIATE	Perform each move for 45 seconds	Perform each move for 60 seconds
ADVANCED	Perform each move for 60 seconds	Perform each move for 75 seconds

1. KNEE TO TOE PRESS-UP

Targets: upper chest, shoulders and rear of upper arms

Start in a high plank position and drop your knees to the floor. Your hands should be just wider than shoulder-width apart (A). Bend your elbows and lower your chest until it's an inch above the ground, keeping your body in a straight line and your hips aligned with your shoulders (B). Hold this position, then move from your knees on to your toes so that your legs are extended (C). Push back up to the start and repeat by dropping your knees back to the floor.



2. STAGGERED PRESS-UP

Targets: chest, shoulders and rear of upper arms

Start in a high plank position and drop your knees to the floor. Place your left hand just wider than your shoulder and position your right hand in front of your shoulder by a few inches (A). Bend your elbows and lower your chest until it's an inch above the ground (B). Again, keep your body in a straight line and your hips aligned with your shoulders. Push back up and switch your hand positions. Repeat.

Advanced version: start in a high plank and stay on your toes as you lower to the ground.



3. PLANK TRANSFER

Targets: shoulders, core and rear of upper arms

Begin in a low plank position with your upper body resting on your forearms. Your stomach should be tight and your body in a straight line from your feet to your shoulders (A). Transfer your weight slightly to your left arm as you place your left hand on the floor under your shoulder (B). Repeat this action with your right arm so that you come up into a high plank position (C). Reverse the movements to return to resting on your forearms. That's one rep. Repeat.



4. PLANK TRANSFER VERSION 2

Targets: shoulders and core muscles

Begin in a high plank position with your upper body resting on both hands (A). Lift your left arm up into the air in a forward motion (B). Place this arm down and repeat on your right side. Next, lift your left arm out to the side (C). Place it down and repeat on your right side. Continue alternating your arms for the set amount of time.



5. TRICEP DIPS

Targets: back of upper arms and shoulders

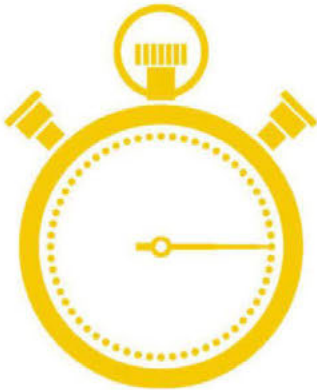
Start in reverse all-fours with your heels on the ground and the rest of your foot raised. Extend your arms and hands under your shoulders with your fingers facing forward (A). Bend your arms to lower yourself towards the floor, so your elbows are bent at 90 degrees. Keep your elbows facing **backwards** (B). Push through your **hands** to straighten your arms and **repeat**.



WORKOUT 2 *LOWER BODY*

Sculpt lean legs and a toned bottom, and burn fat all over with this high-intensity circuit





LET'S GET STARTED!

Complete the warm-up on page 10 and then perform the following moves back-to-back in a circuit format. Take a look at the table below to find out how long you should spend doing each move. Once you've completed one round of the circuit, rest for 90 seconds, then complete another round. Don't forget the cool down on page 24 after your session.

	WEEK 1	WEEK 2
BEGINNER	Perform each move for 30 seconds	Perform each move for 45 seconds
INTERMEDIATE	Perform each move for 45 seconds	Perform each move for 60 seconds
ADVANCED	Perform each move for 60 seconds	Perform each move for 75 seconds

1. JUMP SQUATS

Targets: front of thighs, bottom, heart and lungs

Stand with your feet shoulder-width apart, placing your hands on your hips. Bend your hips and knees to drop down into a squat. Imagine you're trying to sit on a chair behind you, taking care not to lean too far forward from your hips (A). Quickly explode up into the air, jumping as high as you can (B), and land softly on bent knees. Repeat.



2. SQUAT THRUSTS

Targets: inner, outer and front thighs, bottom, heart and lungs

Start in a high plank position with your hands on the floor and in line with your shoulders. Your tummy should be tight and your body in a straight line from your shoulders to your feet (A). Jump your feet in towards your hands so that your knees fill the space between your elbows (B). Jump your feet back to the start so that your legs are extended in a plank position and repeat.



3. JUMP LUNGES

Targets: thighs, bottom, heart and lungs

Begin in a standing position and take a big step forward, so that your right foot is in front of your left foot. Bend your knees and lower yourself into a lunge position. Bend your left elbow to raise your left arm (A). Drive your right arm forward and left arm backwards as you lunge up and switch legs in mid-air (B). Land back in the lunge position with your left foot forward, your right foot behind you and your right elbow bent (C). Ensure that you continue to work your arms as you jump – this will help to keep you balanced. Repeat for the set time.



4. JUMP CURTSY LUNGE

Targets: inner and outer thighs, bottom, heart and lungs

Stand with your feet hip-width apart and your hands in front of your chest. Bring your left leg behind your body to cross it behind your right leg. Bend your knees and lower your hips until your right thigh is nearly parallel to the floor. Keep your torso upright and your hips and shoulders as square as possible (A). Jump high to switch to the other side (B) with your right leg behind your body (C) and continue alternating.



5. 180-DEGREE SQUAT

Targets: legs, bottom, core, heart and lungs

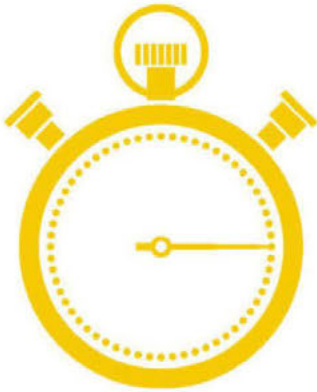
Stand with your feet shoulder-width apart and your hands on your hips. Bend your hips and knees to squat down. Imagine you're trying to sit on a chair behind you, taking care not to lean too far forward from your hips (A). Explode up into the air, jumping as high as you can (B). While in the air, twist around to a 180-degree angle, landing softly in a squat position, facing in the opposite direction (C). Jump high again and twist to the other side at a 180-degree angle. Continue for the set amount of time.



WORKOUT 3 *CORE & ABS*

Tone your tummy and build a stronger midsection with these belly-flattening exercises





LET'S GET STARTED!

Complete the warm-up on page 10 and then perform the following moves back-to-back in a circuit format. Take a look at the table below to find out how long you should spend doing each move. Once you've completed one round of the circuit, rest for 90 seconds, then complete another round. Don't forget the cool down on page 24 after your session.

	WEEK 1	WEEK 2
BEGINNER	Perform each move for 30 seconds	Perform each move for 45 seconds
INTERMEDIATE	Perform each move for 45 seconds	Perform each move for 60 seconds
ADVANCED	Perform each move for 60 seconds	Perform each move for 75 seconds

1. TWISTING CRUNCH

Targets: stomach and waist-line

Lie on your back with your knees bent and your feet flat on the floor. Make sure your hands are lightly touching your temples. Slowly lift your shoulders off the floor and twist your upper body to the left as you simultaneously draw your left knee towards your elbow (A). The aim is to bring your right shoulder towards your left knee. Reverse the movement to return to the starting position and repeat on the other side so that you bring your right knee towards your left shoulder (B). Continue alternating.



2. REVERSE CRUNCH

Targets: lower stomach

Lie on your back with your feet on the floor. Bend your knees to 90 degrees and raise your feet off the floor. Your knees should be in line with your hips with your thighs pressed together. Hold your arms by your sides for balance (A). Slowly raise your hips off the floor and towards your ribs, concentrating on using your lower stomach muscles to create the movement (B). Lower your body back to the starting position, allowing your hips to lightly touch the floor before repeating the move.



3. DYNAMIC PLANKS

Targets: shoulders, the whole core, heart and lungs

Start in a low plank position with your upper body resting on your forearms. Engage your tummy muscles and bring your body into a straight line from your feet to your shoulders (A). Squeeze your abs to draw your left knee under your body towards your chest (B). Keep your body straight, being careful not to lift or lower your hips. Repeat on the other side, then continue alternating.



4. PLANK JACKS

Targets: shoulders, the whole core, heart and lungs

Start in a low plank position with your upper body resting on your forearms. Engage your tummy muscles and bring your body into a straight line from your feet to your shoulders (A). Jump your feet out to the sides until they're wider than hip-width apart (B). Jump your feet back together and repeat.



TOP TIP
Keep your torso strong as you jump your feet out. Place your feet on either side of the mat.

5. SIDE PLANK DROPS

Targets: stomach and side abs

Start in a side plank position with your upper body resting on your left arm. Engage your tummy muscles and ensure your body is in a straight line from your feet to your shoulders (A). Drop your hip down to the floor, then raise it back up as high as you can, moving your right arm up (B). Do the set number of seconds on one side before repeating on the other, moving your arms up and down as you carry out the exercise.



SLOW IT *DOWN*

Are you guilty of skipping the cool down? You're not the only one! If only gym instructors had a pound for every time they spotted a sweaty exerciser sneaking off before stretching out...

Static stretching – holding a stretch for at least 10 seconds – will bring your body back to its pre-exercise state, lowering your heart rate as well as lengthening your muscle fibres and tissues. The best bit? It will help reduce the chance of you waking up tomorrow with sore muscles. Phew!

HOW TO DO IT

Dedicate the last 10 minutes of your session to cooling down. Begin with some gentle cardio, such as walking, to gently lower your heart rate back to normal.

Next, perform each of the following stretches. Hold each one for 15-30 seconds on either side.



A



B

1. STATIC SIDE LUNGE

Stand with your feet together, your hands on your hips and your core engaged. Take a big step to the right. Push your hips back and lower your body by bending your right knee – keep your left leg straight and your feet facing forward (A). Hold for 15 seconds. Step your right foot back to the start position and repeat on your left side (B).

Take a few minutes to relax and lengthen your muscles after working out



A



A



A



B



B



B

2. HAMSTRING STRETCH

Stand with your feet together, your hands by your sides and your core engaged. Stretch your right leg out in front with your foot flexed and your toes pointing to the ceiling. Bend your left leg and push your hips back (B). You should feel a stretch in your hamstrings. Hold for 15 seconds and switch sides with your left leg out in front (B).

3. HIP FLEXOR STRETCH

Kneel on your left leg and place your right foot flat on the floor in front of you. Your knee should be at a 90-degree angle. Place your hands on your hips (A). Keeping your body upright, shift your hips forward until you can feel a stretch in the front of your left hip (B). Hold for 30 seconds, then repeat on the other side.

4. PIGEON POSE

Start on all fours and slide your right knee towards your right hand while lengthening your left leg out behind you. Keep your hips square to the floor. Stay upright on your hands and hold for 30 seconds (A). If you don't feel a stretch in your glutes, lower on to your forearms and hold for 30 seconds (B). Repeat on the other side.



YOUR *DIET PLAN*

This two-week sugar detox revolves around Emma's three weight-loss truths – don't diet, detoxify; count nutrients, not calories; balance your hormones

Put down the sweet stuff and join the revolution, smart Brits are turning to a low-sugar diet to drop pounds.

'So many people find it hard to lose weight and I believe this is due to sugar overload,' says Emma. 'Refined sugar – the stuff you put in your tea or coffee – is added to so many processed foods and it's a real burden on your body.'

'Not only does it stress your pancreas, liver and adrenal glands, which all contribute to energy levels, but it also reduces immune function for up to five hours after consumption. Not good. The worst bit is that sugar is highly addictive, which means there's no such thing as "eating in moderation" where sugar is concerned.'

'Refined carbohydrates, such as bread, pasta, white rice and pastries, are all culprits because of how quickly they release sugar into your bloodstream. These are what I call "trigger" foods. They can trigger unwanted effects on the body, such as bloating, cravings and energy slumps. Long term, too much sugar can lead to more serious problems, such as weight gain, diabetes and immune issues. Studies show that people who consume high levels of sugar during their youth are more likely to have health and weight issues after the age of 40.'

'Chances are you're getting more sugar than you realise. It's added to so many packaged and refined products, and comes under the guise of many different names [cane juice, corn syrup and glucose, to name a few]. Unless

you're eating a diet of mostly whole foods, such as vegetables, fish, meat, eggs, fruit, seeds, nuts and pulses, you're eating some refined sugar. But how much is too much? One can of cola (containing 33g of sugar) will put you well over the Daily Recommended Amount (RDA) of sugar, which is around 25g or six teaspoons for a woman.'

'Luckily, we can replace a large amount of sugar-laden and processed foods with natural high-nutrition fuel. This will reduce your daily sugar intake, and help battle bloat, banish cravings and build a slimmer, more energised you. Hooray. My two-week plan is designed to be free of refined sugar and flavour-filled. It also contains as few of the other "trigger" foods, such as alcohol and wheat, as possible. Why? Hey, you might as well go the whole way!'

REPLACE THESE SUGARY FOODS WITH THESE NUTRITIOUS ALTERNATIVES

Ready meals/microwave meals

Fresh, homemade meals from the diet plan (page 28)

Table sugar

Stevia, organic honey, coconut sugar, agave nectar

Jarred and packet sauces, soups, tinned foods (except tinned tomatoes and coconut milk)

Make your own from scratch

Cakes, biscuits, bakery treats, chocolate and sweets

Oat cakes, 70% dark chocolate, Medjool dates, fresh fruit and natural nuts

Tomato sauce, brown sauce

Homemade relish and chutneys

Mayonnaise

Hummus, mashed avocado with cider vinegar and mustard, olive oil, balsamic vinegar, lemon juice

Dips and salsas

Pesto, hummus, homemade guacamole, salsa, tzatziki or organic pâté

Sweets and chocolate

Dark organic 70% or 85% cocoa chocolate, dates, fruit

Ice cream

Plain Greek yogurt with berries and organic honey

Artificial sweeteners

Stevia, organic honey, coconut sugar, agave nectar

Fruit juices and sugary drinks

Sparkling mineral water with fresh fruit, homemade fresh-pressed juices and fruit smoothies

Instant coffee, mocha and hot chocolate sachets

Freshly ground coffee beans, green tea, all herbal teas. Dark cocoa powder and honey makes a great hot chocolate!

SNACK ATTACK!

Feeling peckish? Choose a single snack, or a combination of two, up to twice a day to whet your appetite

- 1 cup of carrot sticks, cucumber or celery sticks, cherry tomatoes, raw cauliflower or broccoli
- ½ cup cooked baby beetroot
- ½ cup olives
- 1 heaped tablespoon of hummus
- 2 tablespoons of organic nut

- butter (cashew or almond)
- 1 hardboiled egg
- 4 mini skewers with toothpick size pieces of feta cheese, cherry tomatoes, cucumber and olives
- 1 piece of apple, pear, banana, berries, satsuma or kiwi fruit

- 1 handful of natural nuts (any mixed, not salted or roasted – though you can roast them yourself for 10 minutes on a low heat in the oven!)



THE 7-DAY *BIKINI DIET*

Want to accelerate your weight-loss results? This one-week sugar detox will beat bloating and pummel pounds for your best bikini body ever!

	MONDAY	TUESDAY	WEDNESDAY
When you get up	Lemon water (hot or cold) 	Lemon water (hot or cold)	Lemon water (hot or cold)
Breakfast	Fruity Quinoa	Super Green Smoothie 1 	Nutty Eggs on Rye
Lunch	Sweet Potato and Ginger Soup	Leftover Dahl with Leafy Green Salad	Sweet Potato and Ginger Soup
Dinner	Basic Dahl with brown rice 	Monkfish Red Curry and vegetable, served on 3/4 cup brown rice	Leftover Monkfish Red Curry, served with vegetable on 3/4 cup brown rice
Dessert			Organic peppermint tea and four squares of 85% dark chocolate



When it comes to shaping up for summer, a smart exercise regime isn't enough – you need the right diet plan to speed up fat loss. Detoxification is the first step to long-term health gains and weight loss.

But what do we mean by detoxification? A sugar detox. Cutting sugar from your diet will help your body function at its best. This is because too much sugar overloads the pancreas,

liver and adrenal glands, which can affect your hormones, blood sugar balance and put you at an increased risk of gaining weight. A sugar detox is among the best meal plans to follow if you want to hone a bikini body. It will level out your energy levels, curb cravings, beat bloating and boost your immune system. Sounds good? It is! Follow this eating plan during the first week of the two-week programme and repeat it on the second week. You'll soon be ready for the beach!

THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lemon water (hot or cold)	Lemon water (hot or cold) 	Lemon water (hot or cold)	Lemon water (hot or cold)
Super Green Smoothie 2 	Fruity Quinoa	Salmon and Scrambled Eggs 	Banana and Cinnamon Omelette
Salmon Nori Rolls 	Sweet Potato and Ginger Soup	Goat's Cheese and Beetroot Salad	Anything-goes salad
Steamed Mediterranean Cod with steamed vegetables 	Homemade Beef Bolognese on brown rice, served with steamed broccoli	Leftover Homemade Beef Bolognese on sweet potato mash, served with steamed spinach	Cannellini Beans and Quinoa Patties with leafy green salad
			Chocolate Mud Pudding 

THE RECIPES

Curb those cravings, lose weight and feel great! These delicious recipes are full of nutrients and free from sugar

BREAKFASTS

BANANA AND CINNAMON OMELETTE

Serves 1

Ingredients: 2 organic eggs, 1 pinch of Himalayan pink salt, 2 tsp coconut oil, 1 banana, 1 tsp organic maple syrup (to serve)

★ *In a bowl, whisk the eggs together with a pinch of Himalayan salt and set aside. In a small frying pan, heat the coconut oil. Once up to heat, slice the banana into the pan to brown slightly. Pour over the egg mix and allow the omelette to cook on one side. Flip over to cook on the other side. Serve with the maple syrup.*

SALMON AND SCRAMBLED EGGS

Serves 1

Ingredients: 2 eggs, 1 tsp organic butter, 2 pieces of smoked salmon or 1 fillet of steamed/baked salmon (fresh), 1 pinch of Himalayan pink salt and black pepper

★ *Whisk the eggs and set aside then melt the butter in a frying pan. Once the pan is hot, pour in the egg mix and scramble them. Serve with a side of smoked or cooked salmon. Season with salt and pepper.*

FRUITY QUINOA

Serves 1

Ingredients: ¾ cup cooked quinoa, 1 cup of berries (any), ½ banana, 1 kiwi fruit, 2 tbsp roasted almonds, ½ lemon (peeled), ½ tsp natural honey

★ *Put the quinoa in a bowl and toss with the berries. Slice the banana and kiwi fruit, and sprinkle the almonds on top. Squeeze over the lemon juice and natural honey.*



SMOOTHIES: SUPER GREEN 1

Serves 1

★ *Combine one banana, ½ an avocado, a handful of baby spinach, ½ cup of chopped pineapple, ¼ of a cucumber and 200ml of filtered water in a high speed blender and serve.*

SUPER GREEN 2

Serves 1

★ *Put ½ cup of water, one diced cucumber, two handfuls of spinach, one handful of mint and a handful of parsley into a blender and start pulsing. Then reduce the blender to a low speed until the mix is smooth. Add 1 tbsp of lemon juice, two diced apples, one diced pear and 1 tsp of honey and blend again until smooth.*

NUTTY EGGS ON RYE

Serves 1

Ingredients: 2 eggs, 1 slice German rye bread, 1-2 tsp of raw cashew or almond butter, 1 pinch of Himalayan pink salt (to taste)

★ *Boil the eggs (seven minutes will create an egg with a sticky yolk). Toast the rye bread and cut it in half. Spread over the raw cashew or almond butter across both halves of the toast and place one egg on top of each piece. Crush the egg to cover the top of the toast – it will mix in with the butter. This tastes good with a pinch of Himalayan pink salt!*

LUNCHES

SWEET POTATO AND GINGER SOUP

Serves 6-8

Ingredients: 2 heaped tsp organic butter, 1 red onion (peeled and sliced), 1 bulb of garlic (each clove peeled and cut in half lengthways), 2 inches ginger root (thinly sliced), 1 litre vegetable or chicken stock, 1 medium swede (peeled and diced), 6 medium sweet potatoes (peeled and diced), ½ tsp Himalayan pink salt, Greek yoghurt and a handful of spinach leaves (to serve)

✦ *In a large soup pot, melt the butter and shallow fry the onion, garlic and ginger. If they start to stick, add a little boiled water. Add the stock and bring to the boil gently. Add the root vegetables and more boiled water – to cover the contents by an inch. Leave to simmer for 20 minutes on a low heat. Check the water content every 15-20 minutes until the swede and sweet potato are soft. Turn off the heat and, using a blender, create a smooth soup. Serve with a dollop of Greek yogurt and a handful of baby spinach leaves. Freeze or refrigerate the leftovers.*

SALMON NORI ROLLS

Serves 1

Ingredients: 2-4 sheets of Japanese nori, 2 tsp horseradish sauce, 2 pieces of smoked salmon, 1 small carrot (grated), ¼ cucumber (thinly sliced), dark soy sauce (MSG-free)

✦ *Spread 1 tsp horseradish over each nori sheet. On one end, layer the salmon, carrot and a few slices of cucumber. Roll it up tightly and lightly wet the inside of the last nori so that it sticks and stays complete. Serve with the soy sauce, as a dipping sauce.*

GOATS' CHEESE AND BEETROOT SALAD

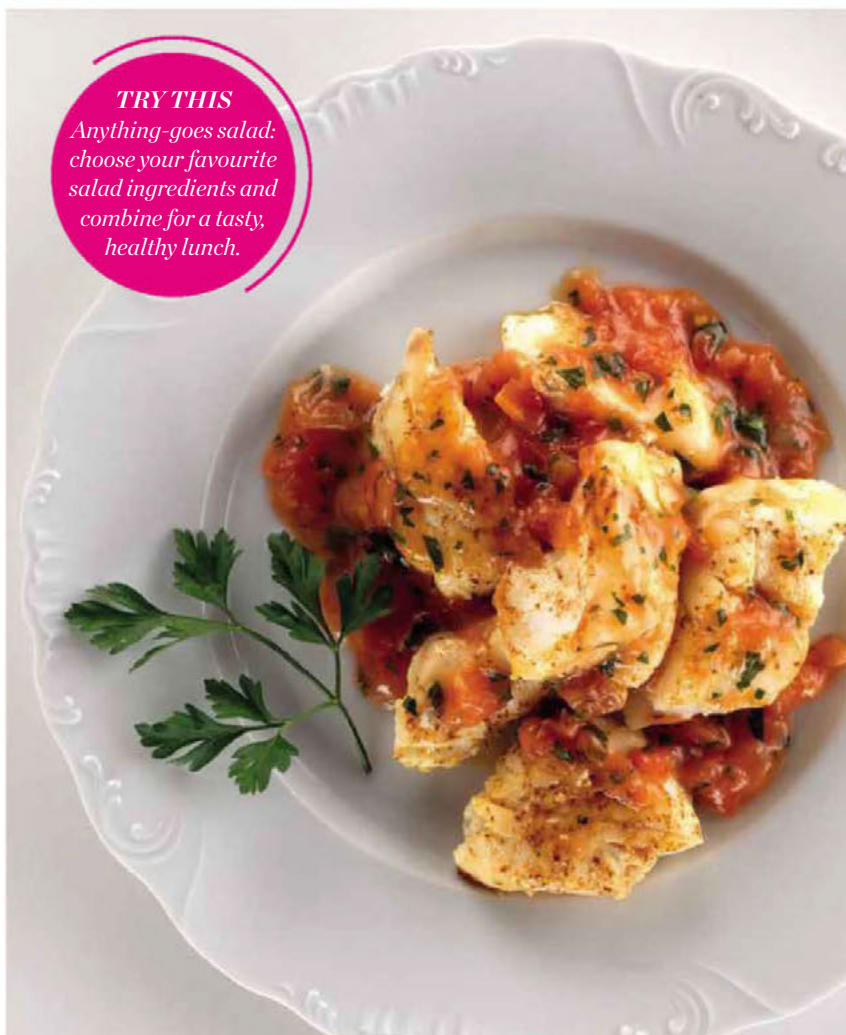
Serves 1

Ingredients: ½ cup grated red cabbage, ¾ cup diced cooked beetroot, ½ cup diced apple, ½ cup walnut pieces, ½ cup soft goats' cheese

✦ *Combine the salad ingredients and top with chicken (as extra protein) if required.*

TRY THIS

Anything-goes salad: choose your favourite salad ingredients and combine for a tasty, healthy lunch.



DINNERS & DESSERT

STEAMED MEDITERRANEAN COD

Serves 1-2

Ingredients: 1 tin of chopped tomatoes, 1 pinch of natural salt, ½ pepper, sliced 1 tsp capers, 1 clove crushed garlic, Mediterranean herbs (ie basil and or oregano), 1-2 cod fillets

✦ *In a saucepan, heat the chopped tomatoes, then add the salt, pepper, capers, crushed garlic, and herbs. Heat through for five minutes until the flavours combine and the mixture is simmering. Steam the cod fillets for five minutes, or until just cooked. Serve the cod next to some steamed vegetables and pour over the tomato mix.*

MONKFISH RED CURRY

Serves 2

Ingredients: 1 tin of organic coconut milk, 1 tsp green/red curry paste, 1-2 monkfish fillets (diced into matchbox sized chunks), 2 kaffir lime leaves (torn in quarters), 1 tsp palm sugar, 75g greens (broccoli, courgette, raw baby spinach), 2 tsp fish sauce, extra hot green/red chilli (optional)

✦ *In a large pan, bring ½ the coconut milk to the boil. Reduce to simmer then add the curry paste. Stir for one minute or until fragrant. Add the monkfish, the rest of the coconut milk, vegetables, palm sugar, fish sauce and chillies. Simmer together for around 15 minutes until the vegetables soften. Serve in a soup bowl with a handful of the raw baby spinach to garnish.*

TRY THIS

Make hummus by combining a tin of chickpeas with garlic, tahini paste, lemon juice and a pinch of salt

BASIC DAHL

Serves 2-3

Ingredients: 3 tsp organic butter, 2 green chillies (seeded and chopped), 1 tsp chopped fresh ginger, 55g yellow or red lentils, 1½ pints of water, 3 tbsp roasted garlic purée, 1 tsp ground cumin, 1 tsp ground coriander, sea salt and black pepper, 200g tomatoes (peeled and diced), a little lemon juice, fresh coriander leaves

★ *Melt the butter in a pan, then add the chillies and ginger and cook for 10 minutes until golden. Stir in the lentils and water, bring to the boil, reduce the heat and partly cover the pan. Simmer, stirring for 50-60 minutes until the mix has a thick, soup consistency. Stir in the garlic purée, cumin and coriander. Season and cook for 10-15 minutes uncovered, stirring often. Stir in the tomatoes, season and add the lemon juice. Freeze or refrigerate the leftovers.*

HOMEMADE BOLOGNAISE SAUCE

Serves 3-4

Ingredients: 1 red onion (finely chopped), 3 cloves garlic (finely chopped), 1 cube organic beef stock, 3 large bay leaves, 125ml red wine, 300-500g minced steak (organic), 2 tbsp tomato purée, 1 tin chopped tomatoes, ½ tsp Himalayan pink salt, pepper, 1 pinch of dried oregano

★ *In a pan, cook the onions, garlic and stock cube in boiled water (enough to cover the base of the pan). Add the bay leaves and simmer gently. When you can smell the bay leaves, add the red wine and bring to a simmer again. Add the mince and break it down until the mince and the wine become a sauce. As the liquid reduces and the mince starts to cook, mix in the tomato purée and chopped tomatoes. Season with salt and pepper and dried oregano. Freeze or refrigerate the leftovers.*

CANNELLINI BEANS AND QUINOA PATTIES

Serves 10-12

Ingredients: 1 knob of coconut oil, ½ red onion (finely chopped), 1 clove garlic (crushed), ½ tsp fennel (crushed), 2 tsp ground cumin, 1 tin of cannellini beans (drained and rinsed), 1 cup cooked quinoa, 1 egg, 1 handful of parsley (chopped), 1 handful of spinach (chopped), Himalayan pink salt or sea salt and ground black pepper

★ *Heat the coconut oil over a medium heat. Sauté the onion for a few minutes until soft, and then add the garlic and*

spices. Cook for a minute or until aromatic then tip in the cannellini beans. Toss them well in the oil and spices until coated then turn off the heat. Mash the beans roughly with a potato masher and add the quinoa, egg, parsley and spinach. Season well and give it a good mix. Form the mixture into small rounds (use a lever ice cream scoop to scoop out even-sized burgers). Press lightly with the palm of your hand to flatten the balls. Fry the burgers over a medium heat for a few minutes on each side in a lightly oiled frying pan until golden. Serve with sides of hummus, tzatziki, homemade relish or salsa. Freeze or refrigerate the leftovers.



CHOCOLATE MUD PUDDING

Serves 2

Ingredients: 2 ripe avocados, 80g cocoa powder, 2-3 tbsp organic honey, 2 tsp coconut oil, 1 tsp vanilla essence, 2 ripe bananas, 60ml oat milk or almond milk

★ *In a food processor, combine all of the ingredients together. Add more liquid to adjust the consistency – it should come out like a mousse, holding its form when dished up. Serve immediately so that the avocado doesn't change flavour.*



SHAPE UP FOR *summer*

If your goal for summer is a leaner, stronger body, check these out...

Flip-flops, BBQs, holidays – we love summer. With sunny weather (most of the time...) and longer days, it's also a perfect time to set some fitness goals. Whether your chosen target is to get fitter, stronger or leaner, do your first set of push-ups, run a 5k, complete a triathlon or simply feel better when you're poolside in your swimsuit, supplements are often a great complement to a good training regime and a healthy diet. That's where USN's Body Makeover Range comes in.

THE EASY MEAL

Nutrition is important when achieving your summer-body goals, but meal prep can be time consuming. Make things a little easier with USN Diet Fuel Ultralean. With five flavours, this meal replacement shake is a convenient, on-the-go meal, packed with protein, high in fibre and with a low GI.

THE EVEN EASIER MEAL

USN has made things even easier with the Diet Fuel's Ready-to-Drink bottles. Perfect for popping in your gym bag or for when you're on the go. Yum!

THE WEIGHT-LOSS SUPPORT

If inch-loss is what you're after, USN Xédra-Cut Ultra XT is an easy to take, clinically researched formula to help weight loss.

The USN range is available online and in Tesco, Sainsbury's, Asda, Holland & Barrett, Superdrug, Argos and JTF Stores.

GET 40% OFF!

USN is giving *H&F* readers an exclusive 40 per cent off purchases on the USN website (usn.co.uk). Simply enter **HAF40** at the checkout to enjoy your discount*.



KEEP YOUR *BIKINI BODY!*

Want to stay in shape for good? Here's your chance to win a year's training from Results With Lucy



You followed the programme and got the bikini body, and now it's time to take the next step. Keeping fit isn't only a two-week programme – it's also a way of life. The moment you sit back and relax, your hard-earned results will start to whittle away. Commit to your new fit, healthy lifestyle by reading *H&F* every month and becoming a member of Results with Lucy (resultswithlucy.com). Your bikini body results will last a lot longer than the summer does!

THE PRIZE

Keeping fit sometimes requires a push in the right direction, so we're giving you the chance to win an annual membership to Results with Lucy. This exclusive prize, worth a whopping £999, gives one *H&F* reader the chance to access all of the RWL fitness programmes, including 12 Months Solo, Abs like Slabs, Beach Body, Wobble to Model, Express and New Beginnings. The lucky winner will also have the opportunity to talk to Cecilia Harris about the fitness programme, as well as get ongoing telephone support from a personal trainer for the entire year. Wow.

HOW TO ENTER

For your chance to win this fantastic prize, simply email us at competitions@iris-uk.com with the subject RESULTS and tell us your fitness goal. Don't forget to include your full name in the email. Entry closes on July 3, 2015. Good luck!

TO RECEIVE £10 off the RWL Beach Body programme, simply visit resultswithlucy.com, select the Beach Body programme and enter the voucher code 'Beach10' at the checkout. To receive £10 off the Eat Well programme, simply visit eatwellwithlucy.com and enter the code 'Eat10' at the checkout.

FUTURE OF FITNESS
RESULTS
WITH *lucy*

Terms & Conditions

For the competition: no cash alternative available and the prize expires July 3, 2016. The prize cannot be used in conjunction with any other promo codes. Normal *H&F* competition rules apply. **For the £10 off offer:** no cash alternative is available, and there is only one voucher for each site allowed per customer. The EatWell voucher is valid for your first food box only, further purchases will be charged in full and it can only be used on eatwellwithlucy.com. The Beach Body voucher only applies to the Beach Body programme and cannot be used to purchase any other programme on the ResultsWithLucy.com website. Neither voucher can be used in conjunction with any other promo codes. Offer expires July 3, 2016.

USN EATING PLAN FOR WOMEN

IN ASSOCIATION WITH



BEFORE



AFTER



WE ARE WHAT WE EAT

MORNING

WAKE-UP:

1 x large glass of water (lukewarm) and 3 Xédra-Cut Ultra XT capsules. Drink 2-3 litres of water throughout the day to flush your system.

EXERCISE:

Aim to exercise first thing in the morning (can be moved to anytime of the day), for 1 hour, on an empty stomach as this increases your Resting Metabolic Rate (RMR), stimulating all-day fat burning. For optimal results, train using a combination of moderate resistance and cardiovascular exercises. Use hyperlean to aid in their training regime.

BREAKFAST OPTIONS (MEAL 1) - CHOOSE 1

EGG ON TOAST

1 x piece of toasted rye bread, topped with 2 soft poached eggs. Include a side of rocket, cherry tomatoes/asparagus tips and balsamic vinegar to taste.

PROTEIN & NUT OATS

40g cup of cooked porridge oats/oat bran with 1 scoop of Pure Protein GF-1 Vanilla, 5 almonds/walnuts and cinnamon to taste. 1 x Granny Smith apple.

LOW-FAT FRUIT SMOOTHIE

Fruit Smoothie made from a handful of frozen mixed berries, small banana, 1 x scoop of Lean8 and 250ml skimmed milk/coconut/almond milk.

SUPPLEMENTATION (AFTER MEAL 1):

2 x CLA Pure 1000/ CLA Green Tea softgels after Meal 1, optional: 1 x Multiplex Sport (vital nutrients for optimal health).

MID-MORNING (MEAL 2):

1 serving of Diet Fuel Ultralean, Pure Protein bar, Ultralean Diet Whey or a Diet Fuel RTD.



AFTERNOON

30 MINUTES BEFORE LUNCH:

1 x Xédra-Cut Slim Pack sachet in 500ml water OR 3 Xédra-Cut Ultra XT capsules.



LUNCH OPTIONS (MEAL 3) - CHOOSE 1

BAKED POTATO & TUNA

Small baked potato/ sweet potato with 1 tsp. margarine with 1/2 tin of tuna (in spring water) with cherry tomatoes and peppers.

GRILLED CHICKEN AND QUINOA

1 x small grilled skinless chicken breast. 1 1/2 cups of steamed green beans/ broccoli, peppers & asparagus mixed with 100g cooked quinoa and 5-7 almonds.

OPEN CHICKEN SANDWICH

1 grilled chicken breast with balsamic basting. 1 slice of toasted rye bread, topped with fresh baby spinach/rocket, cherry tomatoes and 4-6 walnuts.

SUPPLEMENTATION (AFTER MEAL 3):

2 x CLA Pure 1000 softgels after Meal 3.

MID-AFTERNOON (MEAL 4):

1 serving of Diet Fuel Ultralean.



EVENING

EAT MAIN MEAL BEFORE 7PM:

Limit your complex carbs intake in the evenings. Keeping in mind that your vegetables and salads are rich in nutrients and lower in calories.

*e.g. Lettuce, rocket, watercress, baby spinach, cucumber, asparagus, tomatoes, peppers and red chard. Due to the importance of essential fats to optimise health, aim to take 3 tsp fat per day (apart from any omega supplements you may be taking).

DINNER OPTIONS (MEAL 5) - CHOOSE 1

GRILLED FISH & STEAMED VEG

90-100g baked or grilled white fish/turkey with 2 cups steamed or baked green vegetables (broccoli, spinach and green beans/green beans/kale).

GRILLED STEAK WITH STEAMED VEG

100g grilled lean steak with 2 cups steamed broccoli and cauliflower with 1 bowl side salad* including peppers, tomatoes and steamed beetroot.

WARM CHICKEN & ROAST VEG SALAD

1 x grilled chicken breast. A bowl of mixed greens, red onion, cucumber, 1 1/2 cups grilled red pepper, courgettes, butternut squash and broccoli.

SUPPLEMENTATION (BEFORE & AFTER MEAL 5):

2 x CLA Pure 1000 softgels with a cup of chamomile/peppermint/green tea or decaffeinated coffee after Meal 5.

AFTER DINNER (MEAL 6):

1 serving of Pure Protein GF-1. Designed to optimise your recovery and prevent muscle wastage during sleep/ Xédra-Cut Stimulant Free. Use 2hrs after dinner.



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GUILT FREE INDULGENCE



Delicious High Protein, Low Fat Zero Sucrose Mousse

Guilt free indulgence that is quick and easy to make. Ideal in the evening or between meals to replace unhealthy snacks. Combined with our free, easy to follow, balanced energy restricted eating plans and exercise plans, you can look your best.



DISCOVER THE NEW GLOBAL USN RANGE

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